

SECRETS OF HAIR SCIENCE



Er. Nirmal Singh

“SECRETS OF HAIR—SCIENCE”

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by

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SUMMARY OF BOOK ON HAIR "SECRETS OF HAIR—SCIENCE"

Our hair are most important insignia of our personality and IQ-EQ-SQ format; but least written or researched subject so far. I have been, in fact, talking with hair for last 30 years and found out vast Hair treasure, as a painter, writer analyzer and engineer. Our body perishes; but it is only HAIR which do not decay or die. So, I have written this book to share my research with the research scholars, scientists, brothers and sisters and medical world for our benefits.

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This books is based on scientific, technical, intuition, Cosmic reveals and actual studies of 150 students. Hair can tell health problems to appear after 10—15-20 years and it is highly useful analysis for us please. HOW— :

1. Hair neither decay nor die for millions of years. *Woolly Mammoth* was discovered from a bunch of hair; 60 millions years old ? Bones were decayed ?

2. Hair tests in 1960 proved Napoleon's death by poisoning after 140 years.

3. Hair contain our total sum of faculties, habits, character and all. Woman have greatest wealth in HAIR Property worth Rs. 50 lacs like FD in the bank.

There are not many books on HAIR, I could find two tracts and one book by Dr SS Alag of Ludhiana in Punjab which covers history and Sikh culture. Therefore I present this rare Book for the World for benefits of humanity plesse.

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INTRODUCTION

SECRETS OF HAIR—SCIENCE

The human Hair has been a sign and stamp of distinction, respect, personality and our overall appeal . The hair appear inactive unlike other limbs which move, act to do many functions and activities. There has been great research about our body organs in the medical history, but the hair has remained ignored as research started only in twentieth century. The problems of hair falling, breaking and hair loss has been troubling the humanity for long as a helplessness. Now research has thrown 40-50 types of disorders; a sign of our stressed health, stressed mind and abnormality in health parameters.

My linkage with the science of hair started in 1961 when I made a painting of Rabinder Nath Tagore. His wavy head hair and flowing beard mesmerized me. I could link his Nobel Prize to his hair property in my mind only. Hair wealth of film actresses like Shyma, Madhubala, Meena Kumari, crown hair of Waheeda Rehman and the role of hair make ups in the films to create new characters informed me of the importance of human hair in the personality and character.

From 1970, I used to tell that our body functions with electrical impulses and my colleagues used to laugh at me ? Electricity was also invented by rubbing of cat hair skin with a rod. Hair charged my faculties of painting, poetry, science, electronics, reflexes and even work operations and behaviour. Hair appear to talk with Cosmic Energy and unknown thought waves. From 1980's onwards, what I foretold came out to be correct soon and my friends were also quite surprised. I gave this credit to my hair Antennas for Cosmic linkage and waves catching. Still I did not write a book even for long after retirement in 1997.

This is my brief of hair—link parameters and extraordinary thought waves. Then the news of tracing proof of the untimely death of Napoleon Bonapart in 1821; proved by hair test in 1960's or 140 years later and established the medical role of hair so late.

The hair do not decay or die at all for millions of years ? This has given me the impulsive force to write this 'Techno-Electro-Artistic-Scientific' book, more based on observations, experience and scientific understanding from many angles.

The book has been divided into three parts. Part-I deals with introductory and basic matter, theoretical philosophy like Cosmic intelligence, Roots, D.N.A. Genes, Nervous system. Sun-Power relations, Body-Battery charge, Vitamins. Hair and Arts, religion, painters, singers dancers. Hair formats, waves and curls.

Part-II gives the main body materials. Hair and Cosmic creations, Antenna-Aerials, 3 bn life cells, IQ—Energy, 5 senses working, Metals and gases. Hair and habits, character, arts, appearances, Perspiration factor and disease, Dandruff, future health features and modern research. Hair history, hair cutting—mundan, security Shield, observations and comments of experts and scientists.

Part-III Covers history, traditions, cultures, Films and special features related with hair. The real incidents of history, high price of hair, beliefs and customs. The hair are the least written and finds mention in folklores, verbal observations, quotations and traditional social history. The hair and religion, scriptures, saints, character and respect. Hair and Sikhism, The hair and religion, scriptures, saints, character and respect. Hair and Sikhism, Return of hair, quotations from scriptures, interviews, discussions with engineers, scholars, Punjabi University religion department, Seminars and rare information from all possible sources. I specially read tribal—cultures of Africa, South America, India, Red Indians with long hair well maintained as basic living—traditions and other world cultures. The HAIR speak silent COSMIC language electronically in thought waves, frequencies, vibes and spiritual inaudible words of conscious, subconscious and even unconscious telepathic communications .

The above is but lesser known scientific, electrical and technical format designed by me only by God's grace and therefore, I briefly mention my INVENTIVE THEORIES to introduce my typical, Simplex-Complex style.

* Electrical :—All communications are in Electrical waves : even light ? Voltage is working pressure like blood pressure;

Current is work-done, frequency is repetition—heart beats-pulse, tripping is upsetting or fault. Low voltage is Low-BP, slump, depression and so on.

*ZERO-Theory :—My -0- Theory is much different. Every thing is Created out of- 0 and will vanish into - 0 -. 0 is also destroyer as $362854 \times 0 = 0$ — ? Male is -1 and woman is - 0- 0, i.e., Eggs, drops, leaves, fruits. No form or creation is possible without Zero as 1 is only a -line, no Volume. So - 0- creates forms with - 1- in 3-D shapes.

*So now comes Intelligence – Will– LOVE; — Physical - Mental - Spiritual; IQ–EQ–SQ; ...Work-Food-Work and Man-WOMAN-GOD; five Triangles. My human brothers; these are our 5-ROOTS designs.

ROOT-FACTOR Theory dealing with Roots of every problem of subject and not only leaves or outer layers like Pollution, Education, inefficiency or Corruption ?

There are more features which I mix while expressing, explaining or writing like painting, poetry, simile, modern technology, sensing futuristic–Scopes, lot of Innovations to create new things and creations by blending of all these basics roots. Every line or phrases contain mix of all these ROOTS and synchronized in most easy language to understand the real meaning of the subject. It is by simple God's grace or how could I, invent so many new Theories not found in any book of the world so far.

So now coming to the subject of Hair, they talk all these languages just without speaking. They tell all truths and nothing but the TRUTHS. They inform us of all good or bad that is there in our body, mind, nervous system or the diseases and problems to appear in later years later on. Now we may or may not agree or respect them for their sincerity, duty; saving us from hundreds of problems relating to 5-Triangle ROOTS and other departments. I have touched Sikhism history in brief with innovative, scientific differential words, blended from many books; which appear better and feasible scientifically and not stories of religious emotions only ? I am not preaching Sikhism, as I believe that Sikhism is not to be preached; but adopt if people desire.No forcing or CONVERSIONS please. NO-NEVER ? If still there is any difference, I may please be excused; as I am not an expert on

Sikh history. My very purpose is to present the Hair perspective in technical, scientific, electronic, feasible and practical way and healthy art of life for the benefit of humanity without any favour or prejudice; as the Hair are linked with many religious cultures, feelings emotions and respects. I have given latest reports from newspapers and magazines.

Dr. Chanda Singh of Kot Kapura in Punjab had written a basic book on hair, but I could not find a copy for many years. One day in 2006, I found a copy from Amritsar. It was found to be an exhaustive treatise with chemistry, technology expressed in difficult and medical words of world level papers and references of Western scholars. I have made additions of special data, scientific matter like Solar energy, Vitamin-D, health features, diagrams, research with suitable blending of matter and words to my style and format; making it easier for understanding by the readers please.

I have also given the list of technical and special words at the start itself so that the reader can understand them before starting the book. To make the reading pleasant I have given many cultural, historical, artistry of film industry. actual photos with meaning, reading and characteristics of each person in brief. I have in general given my Hair reading about large number of women and men with special Hair-Powers, including criminals, folk culture and traditions ?

The subject of HAIR is so vast that every reader will be charged with large number of ideas, thoughts and feeling. All those who have good hair and those having less hair. There will arise hundreds of questions too and I will be benefited immensely from their suggestions, advices and even questions. These will add a few chapters in the second edition. To put my research into reality use for our benefit; I have designed an analysis of our character, habits, powers and capabilities which I have named as :

* "LIFE POWER-CHART" for age group 7-15 years....
and

* "LIFE POWER-TRACK". ... for age 15-25 to 40-55-65 years. This is based on Hair analysis, Facial-Electronics, contours and Energy-Waves. It is all a new technology and study of 150

students revealed 40% students having poor digestion and poor marks ? My fore telling of joint pains, girls going to foreign countries with marriage linkage; came all 100% true; as Hair speak truth and real truth. Our costly Horos cope may go wrong; but not the '**HAIRO-SCOPES**'. or the Power-chart.

This book is purely for benefit of future generations and mankind. The readers are requested to contribute their role as follows please :

- * Share the information, ideas, information from this book in social circles friends and Lectures.

- * Pass on this book to others after reading and discuss benefits in meetings.

- * Sikh brothers may present this book to research centres and scientists in the countries of their residence.

Now at the end, I approach the research scholars to analyse Hair-Sciences to identify diseases and link typical signs and the role of Hair by new possible tests. Investigations for symptoms, or 'Hairo-Microbiology' in the treatments; like other tests, colour X-rays, Microbiology, MRI, Ultra-Sound, Biopsy and many more. The treasures of information in the HAIR can go a long way in the modern day life styles and treatments.

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BIBLIOGRAPHY

TECHNICAL-SCIENTIFIC-HISTORICAL WORDS

- Antenna-Ariel : Projected Rod connected to an Electronic equipment to receive electronic waves, radio waves, TV and wireless communications.
- Arsenic : It is a deadly Poison. It is also used in medicines to treat diseases in very small quantities.
- Arthritis : Diseases of joint pains, knees, elbows or fingers joints.
- 0-D 1-D : D is for dimension. A straight line is a single Dimension and paper is 2-D.
- Frequency : Number of times a wave goes up and down (+ve -ve) in a second. Electricity has 50.
- Fuzz : It is very fine invisible hair on the body of new born child.
- Genes : Blood had DNA, Genes and Chromosomes. Genes carry intelligence and learn fast the new intelligence required as per new situation.
- Hukum : The order of the Almighty is called Hukum, the word of command in Sikhism.
- HAIRO PATHY: New treatment based on reference of Hair study, tests, symptoms to come up shortly identify diseases 5-7-10 years in advance.
- Life-cells : Micro forms of active basic life in our body Number 3-Billion intelligence cells.
- Non-Material : Some thing active, operative but without visible shape or form.
- Macro-Micro : MACRO : Infinite space with STARS and planets. Micro is smallest particle like Atom.
- Papilla : The bulb shape 2-3 mm deep root of the Hair in the head scalp.

- Root-Factor : The very basic Root cause of any problem, disease or result.
- Techno-Electro : Combination of technology and electronic parameters and technology.
- VOID : Vast empty looking space or Emptiness all around. Vacuum ?
- Mammoth : Great size 25 ton Elephant with 12 feet long tuskers with wool to bear cold climate. Existed about 50-60 million years earlier at time of Dinosaurs.

ABBREVIATIONS

- A.C. : Air conditioners
- H.P. : Horse power = 0.746 KW.
- I.Q. : Intelligence Quotient
- S.Q. : Spiritual Quotient
- 0-D. : No dimension, Glow-Aura.
- P.M.S. : Physical-Mental-Spiritual
- E.Q. : Emotional Quotient
- S.G.G.S. : Shri Guru Granth Sahib.

WORDS FROM HISTORY

- ABDALI : Afghan crusader who invaded India 9 times between 1750 to 1767.
- Baba ALLA SINGH : Founder Maharaja of Patiala state in Punjab AD. 1764.
- LAHORE-SIRHIND : Two provinces of Mughal Empire in 16-18 century.
- ANANDPUR SAHIB : One of the FIVE Head Quarter of Sikh called *Takhats*. Here Tenth Guru Gobind Singh created *Khalsa* on 30th March, 1699 AD.
- SIKHISM : Religion founded by Guru Nanak who was succeeded up to tenth Guru Gobind Singh. Religious scripture; Shri Guru Granth Sahib; containing verses in musical meters 31 *Ragas* for different times of day.

**JASSA SINGH
AHLUWALIA**

: Sikh General who master minded strategy of Sikhs to challenge invaders like Abdali and Mughal Empire in 18th century.

**BANDA SINGH
BAHADUR**

: Disciple of Guru Gobind Singh sent in 1708 to ROOT out Mughal tyranny from Punjab. He tormented large areas around Delhi; then destroyed Sirhind; where two minor sons of Guru Gobind Singh were bricked alive in 1704.AD.

Questions by :-

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ARCHITECTURE OF THE HUMAN HAIR

The hair on the face and head of the human male are the crowning glory of the *Homo sapiens* just as Man is the crowning glory of all creation on the planet Earth. When worn in their natural form, i.e. uncut and untrimmed, they impart a sage-like appearance even to a pauper: the expression of exalted spirituality akin to Divine beauty. No wonder William Blake, that matchless poet and painter, painted even God with a hairy crown and a flowing beard. Lord Jesus Christ's glowing spirit as Compassion Personified is invariably portrayed with hair in its untouched natural form.

Leo Tolstoy wouldn't have looked half as sagely as he did with his hair. Nobel Laureate Rabindranath Tagore grew his hair and sported a graceful beard to create an image which has left an indelible imprint on the modern Indian psyche. The significance of hair is exalted in Hindu mythology so much that Lord Shiva's tresses are believed to be encompassing all the forests of Mother Earth. Their incredible power is depicted in that the Ganges was absorbed in Shiva's hair when its holy waters were released from the heaven. All the ancient Indian *rishis* sported natural hair. I can discern in the silhouette of a *rishi*, seated absolutely still entranced in meditation, the complete architecture of a Hindu temple *shikhara*.

Guru Gobind Singh, the Tenth Master of the Sikh Faith, bestowed on the Khalsa, the World Commonwealth of Pure Souls, *saabat saroop* (un-tampered *natural* appearance) as God's own Divine gift to Humankind.

These reflections spring from a Mind that has been trained to discern and appreciate the aesthetics in the Architecture aloe of God and Manmade creations, including the Human Body, Architecture is the most beautiful synthesis of Space, Structure, and Form, and when I apply the principles of this Great Mother Art even to the human hair, I instantly begin to see the Space that they occupy; the Structure that supports them; and the Form that they generate. Architecture in my experience, then, becomes a living force, transcending the finitude of a mere Building !

During the five-year period when I was busy in my research on the Architecture, Engineer, and Aesthetics of Sri Harmandar Sahib (Golden Temple), Amritsar, Engineer Nirmal Singh was analysing various aspects of Hair Architecture. I have known him

since long, and heard him speak very enthusiastically on his "theories" such as Man- God-women (MGW) and IQ-EQ-SQ energies, in which "I" stands for "Intelligence"; "E" for "Emotional"; and "S" for "Spiritual"; all pragmatically linked with Gurbani (Guru's Word) of Sri Guru Granth Sahib, the Sikh Bible. I have gone through the manuscript of his essays on Hair, and am quite impressed by his refreshing study.

According to Nirmal Singh, our hair act as Antennae, heat radiators, sunray-synthesisers of 95% vitamin D for our body needs, and are also its battery chargers. He has revealed that hair contain precious metals for body's emergency, and are health-disease indicators, as well as energy-producers. They tell of human habits and character too.

Unshorn hair indicate spiritual personalities. Hair have survived against the ravages of Time through millions of years, and are thus potential evidence of life that once was as revealed through DNA-decoding. Hair can foretell through micro-tests impending problems of the body many years in advance. Hair change their format structure everyday. Side effects of killer diseases, traumatic incidents and shocks appear in hair quickly.

The so-called Beauty Parlours are doing irreparable damage to the seven-layered structure of hair. Nirmal Singh's "Techno-Electric" research through micro-observations would help in decoding our mental faculties, habits bodily forms, and appearances. "Secrets of Hair Science" contains what he had written long ago but is now often found in newspaper articles and reports. In short, hair have total command over our "Physical-Mental-Spiritual" energies-traingle. This fact exhorts us to care for our hair at least five times more than we care for our eyes, face, and stomach.

For the novel information that Nirmal Singh's book contains it should be read by all those who love their hair but are erroneously stuck up with the so-called hair-care shampoos, soaps and conditioners. There is much more to the human hair than meets the eye. Buried deep down their aesthetic appeal is many a secret of the beauty and bounty of life as a path-finder for the entire humankind. It will be a good idea to add a chapter to a future edition of this remarkable treatise for High School students "Hail ! Our Hair"!

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PART—I

CHAPTER—1

PRIMARY HAIR SCIENCE – COSMIC COMMUNICATION REVELATION—CREATURES – HUMANS

1. The scientific roots, aspects and relation of hair has been briefly touched in the introduction. In 1970's I used to express that there is electricity in our body and we function and operate with electrical impulses and waves. No one agreed and joked that I 'talk in the air'. Well then it appeared so ! As we progressed, role of electricity brought magical developments and it was doing all functions i.e. machines, heating, lighting, cooling, x-rays, hearing-aids and so on. Then my friends felt that I was really so correct ?, ECG scans, E.E.G. of brain, heart beats 70 times in a minute with a micro 'Electric-spark' just like car-plugs ! We see, listen, feel, touch, with electric waves. Our ear is the greatest electronic-computer as it catches, analyses, deciphers thousands of different tones, beats, sound-frequencies, words, calls, shrieks, abuses, fast debating at high speed and time gaps replies/abuses are returned in advance at electronic speed. All sounds, words are heard, selected, sent to the Emotive-center, then to the tongue for replies. All This happens in micro-seconds and rather 'Nanno-seconds' Thus, our life is made of micro activities, functions and the brain acts at once.

When I joined Guru Nanak Dev Engg. College Ludhiana in 1958, I was interested in Mechanical Engg. But on an advice, I opted for 'Electrical' branch as I could get job in Punjab itself. The electrical revolution has opened a new world for us in Punjab itself. The electrical revolution has opened a new modern world in past 40 years ! All the 'COSMOS' functions in our bodies and we are just discovering them by and by. T.V. in our eyes, sound

system in the throat, film reels in eye-memory, A.C. in our hair, thermometer in fingers, four-stroke engine in the heart and all the computers in the brain. What are these hair all over our bodies and head, was a hidden question then ? My painting and poetic faculties were doing introvert thinking in auto-waves. I was very much impressed by the white-wavy-flowing-full hair of 'Rabinder Nath Tagore' The gracious waves and flowing beard has appearance of a wide flowing river, murmuring cosmic music and poetry ! In May 1961, I was under training at Patiala. A centenary article in 'The Tribune' appeared with a small black and white photo of Tagore. It well mesmerized me and I planned to make a full painting. I brought a white drawing sheet and on a June, Sunday started painting it. It was a very hot day like this, June 2005.

2. It was a very hot day and I had no fan. I sketched the face and the figure of Tagore. Thick-wavy-artistic and longest Hair I had seen. It was really a very hot day and I was perspiring badly. Over that, I had to take tea during brief breaks. I started water-coloring very carefully as a single wrong stroke in water color can spoil the whole painting. By the evening, face and head hair was ready. I had done only shading of dark areas leaving white sheet blank and untouched to show silver-white-head-hair. But the beard needed different treatment and there appeared no solution ? Tired, I left up in desperation The land lord family was taking dinner and watching my madness! During rest, I just chanced to look at a chalk-fleet polish ? I just innovated to apply this chalk-paste to make wavy beard. It did wonders for my painting.

The beard was much more impressive and reflective than I could imagine!! It was already 10 pm. I was tired and lost hunger due to excessive tea. My legs were jammed after sitting for 11 hours. Lying on bed I stared at my creation ? My 'Tagore' with larger eyes, white-deep-spiritual-look sychronized me with it! It was most satisfying painting of a painter in me; being in water-color but colourless; as I used white untouched sheet for natural silver-white-hair!

3. In 1962, I passed my degree and joined 'Punjab State

Electricity Board' The readers may be surprised why I have detailed so much on the painting. Well, the Creator reveals Cosmic-features in slow easy time-frame. He is never in hurry like us ? This is why my Hair-Science took 20 years to evolve and 30 years to reach book-stage. I carried on my hobby of painting and poetry in spare times. But, the hair-technology was simmering in the cosmic and subconscious formats. In 1964, I visited V. Andhreta in mountains to meet S. Sobha Singh ; the great painter of Sikhism. His silver-white, open-wavy glowing hair, very much resembled that of Tagore.

By 1975, my spiritual screen was evolving even against my tough service life ? The Cosmic-bombardment frequented on my mental-cinema-scope imaginative reflexes and inventive-innovative software blessed by Creator of this Universe !

I had started feeling perpetual flow of extra energy as if my hair-antennas were doing some extra-exponential search from nowhere. In 70's, I saw Meena Kumari's epical film '*Sahib-Bibi-aur-Gulam*' a couple of times. Her 'long-dark-full-wavy-curly' hair sent perpetual unknown frequency- spiritual messages; specially the song "Jane-Na-Dungee". They triggered poetic - artistic-musical waves and special effects that Meena Kumari was versatile actress and must have many more artistic faculties too. During this period I was reading books on religions, adventures, biographies and cultures of countries like Africa tribes. During 1980's I, by chance got a book of poetry written by 'Meena Kumari. I read it regularly The poetry and gazals were serious-poignant ; deep-weaved, painful-musical-vibrating- fantastic similes and very confident in character . Each line is perfect like :

'Aggaz to hota hai *Anjam* nahi hota, jab teri kahani mein mera *Nam* nahi hota.....(i)

Julfon key *Kundlon* mein, gum jaye koyee rahi, badnam sahi lekin *Gumnam* nahi hota!!

Means : My story comes up, grows, but never completes, as my name appears no where in your story. If some one is lost in the curls of hair, he may be defamed, but he is never a lost person or a *Name-less* person in this world. (Name is a 'name' between man-woman love relations; very personal.) By

coincidence '*CURLS*' of hair is the central moot—point of the matter..! This is the way, the Creator blessed me, explaining in his own way, the vast features of hair, qualities, hidden faculties, arts, health, habits, powers, and contours of life.

Case of Amanpreet... : For good ten years from 1990-2000, I expanded my observations on analysis of hair. I contacted students in Gurdwara's/schools to make their 'Power-Chart' containing 20-features like, memory, sports, health, stamina, digestion, anger, aggressive, marks-level, spending habits and so on! To my own surprise, all studies came up 80-90% correct! Many parents made additional enquiries and I gave them advice and guide lines for improvements. Many expressed satisfaction that there were improvements after 2-3 months. I cannot forget to mention special case of a boy '*Amanpreet*' born on 14-12-1991 at Chandigarh; who was brought by his grandmother and his mother! It was 28th, July 2001. On his examination, I expressed that the boy has extra Energy, aggressive, very intelligent and out of control ? The grandmother nodded in shock but the mother kept mum. I was also surprised . The grandmother opened very seriously.

We are a troubled lot, Veer ji. Advise us well. We are called by the teachers very frequently with his complaints. We are tired out ? The mother listened seriously ? I also became very serious with introspection. After natural silence, I had to express that there are 'NO' remedies for the designed-power-ENERGY given by The- Creator. 50 years earlier, such healthy boys were praised as best ones; now they are termed problematic. Both knew well what I meant ? Then I also expressed that we can not blame him as he must be getting more than 80% marks ! Yes, said the mother, he easily gets 80-85% marks without reading much! Then I advised the boy not to fight with others. He did agree. Then I praised his good qualities. At last, the mother questioned for some medical treatment. I at once advised against it. But told only to contact P.G.I. No strong depressive or damaging type of medicine please; that too American. I can not forget his round, smiling and handsome face even now! I hope that Aman preet has grown up to a 'Good Boy'.

(18) **(This Book ...)** : My friends frequently asked me to write a

book on the subject of 'Hair' but I was reluctant. I searched books on hair but could find only 10 page tract by Dr Chanda Singh from Kot Kapura in Punjab in 2001. Then in 2004, I traced out another tract of SGPC by Dr Gursharan Singh of Amritsar. The book by Sh. S. S. Alag covers historical, religious and traditional formats. The tracts have brief useful technical information where as I am totally scientific and technical ? During this period I chanced to see Napoleon's story on Discovery-Channel. It was now researched that due to slow poisoning, Napoleon's hair started falling which his friends collected as his Relics in 1821, just before his death. Poison was detected much later in 1960's when these were tested ! Strangely, these contained traces of poison ?

It was only hair of Napoleon which proved by lab.-tests that Napoleon was killed by slow poisoning ? It sent political tremors in the World ! This discovery created hyperbolic thought waves in my mind ? Hair really posses great hidden science. We probably still don't know the vast 'Techno-Scientific-Treasure' and features of our hair bank 'F.D.'s. That is why 90% males cut the hair as extra-superfluous strings. But women respect them as their greatest ornamentals. This encouraged me to write this Techno—Scopic futuristic Book.....ii)

Original Originality of Hair :

It will take very long route-channel if we try to go to the very oldest roots with Creation of life ? By sixth-super-common sense, I wish to express that hair is the very first link in the start of life on this planet 'Mother-Earth' i.e. sea grass and sea weeds for mono cells. The very first Antennas of cosmic—intelligence to maintain regular link with the Creator ever.

A cat can sense whereabouts of a mouse and a mouse can foresee a cat coming in its danger-zone ? Cockroaches have long antennas and survived for 70 m years where as the huge 'Dinasaurs' disappeared at that very period ! This long story is endless as the hair is earliest 'root' of life source much before other parts like lungs, heart, eyes, ears, tongue, hands and feet appeared on bodies of sea creatures, birds, animals and humans. Therefore, hair is original 'fiber' of intelligence perception and cosmic-link of IQ—life cell-nervous system-brain connectivity for

technological evolution of stages of Life; from smallest to larger and largest creatures over a period of 700 m years ?

My basic-root understanding explains that no created life ever loses its linkage with the earliest source or the CREATOR ? Hair is oldest physical-link along with Genes-DNA-Nervous system-electronic communication and instant working-format. Rishi-Munis and Yogis have used this spiritual communications for linkage with the Creator by long meditations, controls of outer activities and reaching a synchronized state of mind through inward journey and awakening of the Kundlini or opening of the Tenth sealed GATE above the eyes and just below the brain sealing.

HAIR and ANIMALS... :

Hair is much more important for animals. Where as, head hair acts as receptors and Transmitters, the body-hair act as natural clothing against changing climates; cold, hot and rainy. The thick hair on the backs supports as bed—covers. In cold winters, snow and sleet; hair become erect to trap air to make a warm – air layer as cold – control blanket ! In cold Asian deserts, even camels have thick hair in contrast to Indian desert and Arabian countries. The animals of hot and temperate areas, like cows, buffaloes, goats, elephants have less hair; where as polar bears and penguins have thick-deep-dense cover to withstand freezing minus temperatures. Evidently, hair is most important for animals. The hair grow just to the length needed by different animals, What a science of the Creator ?

HAIR of —MAN-WOMAN :

Thousands years earlier, men-women had thick hair all over their bodies just like animals as there was no clothing at that stage of evolution! Men had more hair on the back, chest, legs and arms for defense against nature's external forces. The hair on head-beard-eyes; almost covered his face. The hair on the body have principle double role. In summers, hair act as coolers by perspiration process and the same hair act as clothing in cold winters. What a great science of the 'Master-Creator'!! As we research the role of the hair, it expands to multiplex-simplex-complex-techno-science-format as follows :

1. Original life-roots, nerves, antenna, transmitters-receivers and controllers.

2. Act as shield against falls, stones, fights, beating and wrestling etc.!

3. Act as perspiring-coolers, heat preservers, cleaners/ barometers of body systems.

4. Act as clothing against changing climates, winters, cold, snow, sleet, winds.

5. Security guards against dirt, insects, entering mouth-nose-eyes !

6. Indicators of health, age factor by changing color from black to gray/white.

7. Catch light rays-spectrum-photons- vitamin D, reflect or refract heat and electrical aspects will open out in the coming chapters. Hair is the only part outside our bodies doing so many contrasting functions which no other part can do in comparison! Still strange and greatest role is that after death the bodies/bones decay with time. But, hair don't die or decay ever or never ! The 'Woolly Mammoth elephants', which were extinct 60 millions years ago, were identified, traced and reframed up from the 'LOCKS' of hair found by chance by the Anthropologists! Great Hair!

Q 1. Sh. P.L. Kler : How do you explain the science of 'Revelation'?

Ans. Science is a Cosmic 'Possibility-Feasibility'. Whereas technology is a fact created in material form through flashing of ideas from Cosmic-Intelligence-Source ! The initial flashes from the cosmos meant for the Universe are reveals of the Creator !

Q. 2. Are such persons special, blessed or chosen one' ?

Ans. May be-can be.! Many persons get special 'Flashes' like that of painters, poets, engineers, research-scientists. A British surveyor saw a tiger jumping across river 'Sutlej near Nangal and 'Bakra-Dam' was flashed to him ! It was long after that Bhakra Dam was created. Galileo found Earth revolving around the 'Sun'! Oh, Newton could see 'Gravity' in falling apple ?

HAIR and SPORTS.... : The Hair are primarily linked with god health, vitality. Prowess, stamina and capabilities of brain and body and therefore directly linked with body activity, performance and it is linked with hair health. Therefore hair and

sports are first relatives in our body structure. A sports person with weak hair will quickly tire out and fatigued quickly. Sports persons normally possess dark, thick and long hair with good metallic fixed deposits for very fast sports like 100 meter sprint, hockey, basketball, gymnastics and swimming. I will mention cases like that of Sarporova, Milkha Singh Olympian of India and latest is Mohinder S. DHONI in Indian cricket, who fires fours and SIXERS at quite ease. He has earned prizes from Pakistan President, Musharraf for his long hair and advised him to keep them as such. So, hair and sports go together! An old sports man of plus 80 years with 20 world level medals in races, has very good hair and beard intact and is sign of his winning energy at this high age.....iii)

CHAPTER—2

HAIR – DEPARTMENTS – DESIGNS – SHAPES – FEATURES – APPEARANCE

Our 'Hair' are silent actors ! Neither they speak nor protest, but only silently work. Therefore, they are not considered as important as our 'eyes-mouth or ears. But eyes or ears do only singular jobs, where as, hair perform multifarious simplex-complex duties with all departments of body functioning ? How important are the hair can be judged from the following classification of hair departments :

1. The hair on our heads are greatest and natural security for the head/brain from falls, external forces, attacks, fights and many other dangers The hair are very light, but can be strong like electric wires. (horse tail hair, used to cut moles).

2 .Hair are latently charged with electricity/electronics and receive, transmit, percept silent frequency messages to the brain and conscious/subconscious and labyrinth of nervous system. One lac (1,00,000) hair on the head are in fact 'Antennas' of our radar-cosmic-Intelligence. Similarly two-lac (2,00,000) small hair on our bodies cool in summers through perspiration process !

3. **Fixed deposit of rare Elements :** Hair are Creator's bank deposit of rare elements like, Zinc, Chromium, lead, Carbon, Oxygen, Hydrogen, sulfur plus Phosphorous. These are fixed deposit in the 'Reserve-Bank' of hair out side the body; all other parts are inside the body. Hair act as suckers of 'poisons' like Arsenic-Mercury-Opium, lead etc, so as to keep the body clean and safe . Great surgeons hair are ? In fact all engineers, doctors and surgeons are inside our bodies. Ref.....i)

4. **Shapes-Designs-Kinds of Hair :** Hair shapes, kinds appearance of every person are different! As a class, the hair of male-female genders are also quite different nature, meaning or powers! Why's and how's are many and ..more :

(i) **Straight hair** indicate straight forward nature, basic approach, strength of physique, Abundance of energy in life, good determination for achievements.

(ii) In tropics, dark-black hair is considered better and best. In the Scandanavian countries the shades gradually change to brown-auburn-white-golden due to reduced Sun light effect. Long—full hair is great natural ornament of ladies !

(iii) **Long hair** are generally good indicating better physical, mental and spiritual powers Reliable character, longer reach in life. These features get reduced with reducing lengths of hair. Ladies with longer hair make very good wives and mothers !

(iv) **Wavy flowing hair** are the best ! Longer waves 4-6” speak of good social feels, status, position, performers, assets for the country and achivers in life !

(v) **Wavy curly hair** are sign of more I. Q. sharpness, active and quick reflexes. They make natural artists, painters, musicians, orators, actors, dancers and singers.

(vi) Curly, tufty, twirly hair indicative of very quick reflexes, fast speakers, brisk walkers. They make typical multiplex personalities; chirpy and smart.

(vii) In contrast, thick dark hair tell of strength but typical, introvert less mixing withdrawn nature. Pessimistic approach or even despondent.

(viii) Thick, crinkled or broken hair indicate system debility, fevers, fits of anger, behaviour and temperament.

5. Body-Hair-Perstisators-Coolers-A.C.-Cleaners

The Creator has designed, created, posted and operated about 3,00,000 hair on the body of everybody ! They create perspiration to extricate toxicants and create cooling effect in summers. They are like ventilators of our houses and buildings otherwise, we would have been down with scores of diseases and extinct like other animals. Therefore, it need be appreciated that hair are essential for our existence and continuity of our lives. They are the very life and nothing but life-defense. I am even forced to express that ‘Creator creates life once, but the savior is saving it every second, minute, hour, day, months and years; saving us a—100-300-800 or more times a day ? How.. ? Please note how many relatives and friends much younger, healthier have left you on this ‘Mother-Earth’ Have you ever thanked the Creator, the Savior or even your own God ! Sorry, we ever forget.. ?.....ii)

6—Brard-Moustaches :

(i) Upright moustaches are indicators of strong body, strength, valour, potency, tenacity and steadfastness of men. Parallel, downwards, thinner show soft, defensive nature very less hair are sign of very softy weak willed, fear, full type of man.

(ii) Long thick beard is sure proof of steadfastness, stamina, deep-principled reach and success against odds and opposition. Thick round beard tells of good natured balanced life and respect. Long conical beard is sign of effective, sharp, deep achiever.

(iii) A sharp long thinner look beard contains sensitive, sharp, deep-analytical man. Very thin beard is sign of weak will, dry nature, unmixing, retracting habit and self centered. Then, very thin, rarified or a few hair on the chin, means unmanly person.

In contrast small hair on the chin of women, show bold and manly will power and manly approach in life. Such women are bold and fearless ?

7—Fine-Browny – Invisible – Hair :

(i) Very fine brown hair on the body, arms, legs indicate basic health weakness, fatigue, indigestion and sure indication of pains and arthritis around 40 plus age ? Remedy in such cases is remote except exercise, work to perspire and labour work sit-stand exercises and Yoga.

(ii)—**Fore head Hair – lines and shapes :** Lately, even the science of fore head shapes head hair-line contours speak scores of fine, small, indricate events of life and destiny. Intuitionally, I told friendly parents of 5 young girls that they will be married in very 'Good' families and three can go to foreign countries via marriage. All became true shortly. In 2000, One girl was married within three months, reached U.S.A. in next three months, to utter surprise of all and to my own surprise as, even with green card, it takes 10-12 months time to reach America in these days?

The science of fore head is much different ? Let us consider the forehead as a plot of land area. If we cut or reduce the corners like head –hair line, the area gets reduced and value also gets reduced. So, more the area of forehead, it reflects more powers, luck, capacity, out put, performance features, success and so on ! With this area reduced everything is reduced and

modified accordingly. Thus, building of life is created accordingly. Hair lines, shapes, square, semi circle 'Moon' slants , sloping or falling on the eyes. All contours make different meaning and electro-effects on the conscious and sub conscious strata of mind, which forms it's impressions, meaning and attitude for dealing accordingly.

This is introductory of basics of techno-electro-science hair just to explain how much is hair our life partner. We can know 60% about a person from hair alone. Study of about 150 students at Chandigarh/Mohali revealed that 40% had poor digestion. I advised some natural exercises/cycling, eating schedules and parents informed of betterment after 2-3 months period. This has been very good experience and has helped me in analyzing the hair patterns and features with better accuracy and observations.

Ref.....(iii)

CHAPTER—3

THE CREATOR – THE CREATED... PHYSICAL - MENTAL - SPIRITUAL HAIR APPEARANCE - STRAIGHT-CURLS-LOCKS - WAVY - SPIRALS - RINGS.

The human form is blended product of the 'Paramatma in the form of—Atma, Atma - Jiva a body vehicle relation. The Atma is fragmented to jiva which requires a vehicle to ride upon for transportation and in a down loading process from Cosmic-Intelligence to I.Q. to EQ and the Spirituality blended into the material forms, but in very small fraction. IQ to mental then to Physical - i.e. 0-D to 1D - 2D and then into 3-Dimensional 'Body' of bones- muscles- blood- brain with 2,50,000 km of nervous system and 1,00,000 km of 'Canals' all fixed in just few Kgs. to 165 or larger body . It appears beyond our normal perception of our body system.

Technically, it is down loading journey from spiritual plane 0-D thought to IQ. Plane then 1-D to 2-D Plane of mapping system. After the mental plans to shapes in PHYSICAL'- 3D' i.e. three dimension 'VOLUME' of earthly materials. How is a basic question. The O-Dimension has no thickness or shape ? It is only a thought, dream or mental waves and can not be defined in any material terms. 1-D is but a single dimension or a straight line. Two lines at different angles make two dimensions or area or map or a plan; like rectangle or square . It is only third dimension or height which makes a volume, form or material things. Therefore, we have to convert our thoughts into 1-D to 2-D and then to 3-D shapes, forms and quantities to complete a form. This is a magical transformation by our IQ-EQ-SQ matrix of creation for use in life. It is very interesting magic of intelligence and technology. Ref.....(i)

The process can be explained just like entering a big fort through the main door- ramps- stairs- doors and doors- securities- guards- checks- permissions after permission. Similarly, we come

out in reverse order. every door-stairs-security guards have to be re-crossed; but in exact reverse order or mistake would lead on to a totally different region. Wrong track-suspense in 'Cosmic-Whirlpool' we term mistake or blunder ? But, all the micro process is perfectly built in our 'sub conscious - nervous system the 'Soft-Ware' and our body, is the 'Hard-Ware' in modern computer language to make it clear and mistakes are rare, rare indeed.

The upward journey or Internal journey requires synchronization with the Creator by "Dhian-remembrance- Bhava to 'Zero' in 0-D - Anand- Aura. This can also be termed merging of 3-D Body-material in to 0-D, the original source. Further, this is also nothing but transformation from 'Sarguna to Nirguna'. This is also a 'MACRO- Middo to Micro' Energy- Electro- auto transformation ? So we need not worry, should not worry; we cannot worry. **So why worry !**

Q- Sh. P. L. Kler : It is difficult to perceive that it is such a simple thing for ages, man has been researching and there are so many scriptures. But God is a great riddle; unreachable, untraceable. There are so many different approaches all over the world so long as the world goes on.

Writer : Yes, you are quite correct sir ! In fact, man is in the habit of first making things complicated and then he goes on solving them in his whole life and in centuries. He wants to bring everything in his control, even big trees as bonsai in flower pots. We by force of our ego run out side to search God. We in 3-D feel that everything is outside. A small child goes on asking; what is this, what is that ? This habit remains with us through out the life.

So, I would reply your question in symbolic form as it is difficult to analyze so many theories, these being well ingrained in our mental frame and out look. By now we know that we are made of 5-Elements. -5 Senses and 5-Egos. These are interlinked features and let us travel backwards to our Creator :

- For body we need food at least once, which we earn, manage by efforts-work. The creator gave us hands to work, earn or collect food from natural sources. The Creator made every living creature, fish, animal, bird and

man competent to know, search, collect, select, break or take the eatables into the mouth ?

- For thirst, we need water after 2-3 hours. The Creator has located 'Water' everywhere, which can be reached by us or even animals, in 2-3 hours like streams- ponds, lakes, springs, depressions, mountains, stones and underground. It might have taken 400-600 million years to create water on this earth; not so far found on any other planet of Cosmos. Without water even plants die in few days.
- Now, for the very existence we have to breath every '4-Seconds' or we cannot survive even for a minute. So, He created air-element everywhere we go. Think if the Air been distributed like water; could life be possible on the Earth ? Then our heart beats 72 times a minute or 0.8 seconds a beat, like a spark plug of an automobile vehicles. This electric charge comes from the body battery and spiritual soul in synchronous form without a miss. If heart misses 4-5 beats, it means heart 'STROKE' a cause of an alarm for the person.
- Creator-God-Param Atma : It is the source of all that there is. He is always here there and everywhere. Ever with in and without us, our-body self. There is no place where. He is not and in complete form. There is no time and place when HE is not with us. He is in every part and pore of our body inside and outside. Thus, he should be much easier to reach; even easier than Air. But the only problem is that a film on the 'Tenth-Gate' called - **(Bajjar-Kapat)** or the **'Concrete-Wall'** or **'Kundlini'** or ceiling that separates us away from that latent God, very much assimilate inside us and our total system.

This ceiling is a separation between this mundane world and O-D Cosmic faculty, which appears to be kept separate, unaffected by material worlds. Just like a multistory house; we do not know what is going on upper floors ?

Ques :- Sh P. L. Kler : All this appears difficult to perceive and understand ?

Writer : Therefore The Creator- GOD is easier and easiest

to be reached and it may take micro second only to blend with Him; just like a water drop mixing with water. He is here right now; but we are never here at any time. We are either in the past or roaming in the future and beyond in fantancies. Tagore laments in Gitanjali. **"I am awaking to watch you coming to my house. But a fear grips me that when you visit, I may be found dosing and you pass by my gate."** So, there is no common time to meet Him by us. This is the greatest problem between the human beings and the Creator. He is just imminent with you and ever with you. You are not with him and always roaming here or there and in past or future or sleeping ? In reality no person wants to meet GOD; as all his pleasures will be lost ? For meeting any body, there has to be common time slot, like office meeting times, film time, Tea break and all other times.

The Creator is totally merged in all things created by Him; like a painter, architect, writer, engineer, Pot-maker, mother-Child and all. So he is there with us always and at all places. In fact, we are never with Him. This is only malady.

We were discussing hair appearance, but we have been diverted to the Creator ? What is this ? How did it happen ? What we can call such a side tracking ? It is just instantaneous flow of Godly- Energy, or spiritual energy or His wish- will which has been merciful to me to write this . It appears that our haire link us with Creator by micro-frequency reach .

So, let us now discuss hair appearances; the subject of this Chapter :-

1. Long-Straight-Hair : (like jute or horse-tail appearance)

These are basically indicator of good body-strength, stability of mind, sports, good character, specially of women, though shorter than men, are blessed with much longer hair as compensation.

2. Medium lengths are also good, but short hair reduce these positives qualities. Short hair Indicate reduced powers, short temper, diversion or wastage of energy.

3. Long-Wavy hair : These are considered best hair for a person. Long hair looking like flowing water in a river, indicate open mind, sagacity intelligence artistic nature, scientific bent of mind. Women prove good house-wives and very good 'Mothers'.

4. Wavy and Curly Hair : This form of hair comes under

medium classification. Those who support such hair are very intelligent, sharp, witty and restless type with extra mental energy that is both expressive and aggressive, even with slim health. They are tireless in all their ventures and do not hesitate in wasting energy in hits and trials. They are good conversationalists, easy goers, sociable and easily mixing type. This category is all rounder and dexterous.

5. Locks-Side curls-Bunching : Lock bunch type curls show extra social-mixing, extra activities, hobbies, club interests. Thick wavy bunched- coils show strong attitudes, treasure of active energy stamina. In contrast, tight pressed, smooth hair are sign of self-disciplined women hood and controlled behaviour.

6. Colours : Black — Brown- Auburn- Fine Hair : Where as black hair are considered healthy, normal, strong in a strong body; fine-auburn hair indicate super intelligence, slim structure and sensitive nature. Auburn, brownish-are quite a normal feature from South European to Scandanavians along 50-60 latitudes.

7. Crinkled : Broken- Uneven Hair : Crinkled, Broken, twisty, uneven-rough hair are indicative of indifferent health stamina, fatigue, general deficiency and debility. Such persons, specially ladies are weak tired and pale looking.

8. SPIRAL : Curly-Ring-type African- Hair : Hair that curl into round rings and stay settled on the scalp like short hair of Africans is basically linked with their 'Genes' beside excessive 'Sun' exposure and heat. Ring hair can reflect Sun light and heat by reflection science.

EARTH : It would be interesting to describe briefly as to how life can be created on this earth ? This Earth is believe to be over 4 b n or 4000 million or 400 Crore years old. The Creator has been on the job for over 13 b n years; when he made a WISH order and a small ZERO of PEA size appeared from the Eternal- truth. This -0- exploded out of it's own power of Ego-Libido to comply with His command. We call it Big- Bang and sparkles flew all around at fantastic speed to create COSMOS later. The Pea; containing the whole Universe is termed a 'BINDU' by Indians or SHOONYA or SHUNYATA and the theory is more convincing than Big-Bang theory.

In next 2 b n years, the VOID was filled with lights, whirlpools,

yellow-blue-red lights and stars, planets, Suns, very large but far farthest invisible ? Then a body struck the SUN and chopped lava from it which got long and round thrust but still attached with the mother Sun with the umbilical cord of lava. In process, our Sun had a family in 9 (planets) or a very small Cosmic village of 9 houses only, circling the Mother Sun! I had not written this had it not been confirmed in Shri Guru Granth Sahib (P-1037 Jap -Ji- Sahib)

1. *Sunnahu Chand Suraj Gainare*" = All Suns and Moons are born from Zero.
2. *Patalan Pataal Lakh Agasan Aggash* = Millions-underworlds and Skies are there .
3. *Kayee bar Pasriyo Passar*" = Many times it expanded and contracted (in 36 - YUGAS)
4. *Khand Mandal Varmand*" = Planets, solar systems and whirl-pools are there in the Cosmos.
5. *Sunnho SUNN Upayenda*" = CREATOR creates every thing from ZERO.

As above, nothing in doubt about of Cosmos from Zero and again merging with ZERO = 0 =. So Zero is the most power full Creator and Destroyer too. This proves this Zero theory beyond all doubts or Questions . Guru Nanak, the founder of SIKHISM has told as well written all these things yet to be discovered as early as 1500 AD; where as Galileo told that the Earth revolves around the Sun in 1633 AD and he was poisoned to death for speaking this one truth. Guru Nanak had told all the truths over a century earlier by his spiritual linkage with the CREATOR-NIRANKAR in 'Zero- Trance' synchronization..

All the creatures and HUMANS have been created by facing all the forces of life on this Earth like heat, cold, storms, floods, Sun rays, Air Pressures, Cosmic-Rays, earthquakes, animals, dangers all around, plagues, famines, diseases, fevers, bites of snakes and bees and so many other dangers which can end a life any time. But the CREATOR has made all security and perfect defence system to save a life 500 -700 or 1000 times a day and for long period of 30-50-70-90-105-140-230 or more years for animals like crocodiles and snakes. Hair were always there with all creatures in one form or other and permanent

security. We have an easy life of 80-100 years or more in special cases. How :

Our body is a complex combination of micro life-cells, DNA, GENES. We have 60 million Brain-cells, 3 b n or 300 Crore life cells, 2,50,000 km long nervous system (6 times round the Earth) 1,00,000 km canals and veins. .

LIFE-CELLS :—The 3 b n life cells are our brigade which are ever ready at our command to give solution to every micro or major problem at once. They wait for commands from what we see, hear, smell or touch to advise us even by voting in case of complex issues. In case of equal voting, they advise us to wait and ask for more time for analysis. All these operate in synchronized frequency-waves from body to brain and from brain to every micro-cell in perfect order . My body name is Nirmal Singh, which I am surely NOT. How will it matter if I change my name to Kartar Singh or Pritam Singh; my HAIR will have the same DNA of Past 50,000 generations or one million years as per latest research or reported in articles.

What I can be, or will be, can be like this :

1. 207 bones, 90% water, 50-60-80 kg of flesh and bones and 6 liters blood.
2. 60 million cells, 1500 gram Brain, 3 b n life cells, 2,50,000 km Nervous fiber mesh, 1,00,000 km canals in 6 feet long body. All 6-b n people, filled up in 1-Mile square box only.
3. 2 eyes, nose, 2 ears, 2 hands, 2 feet, a heart-lungs-liver-intestines, fingers.
4. All these have 3,00,000 Hair, beard, moustache; all out side the body.
5. 4000-5000 flash- thoughts daily ; fragmented into more thoughts. 2-3 million Computer units for body needs, 3-m units for senses, 4 m for sub conscious/dreams and 1-m for extra burden or over-work. Total 11 m , which make 300 b n in life. Still this is only 6% of the 5- Trillion Brain capacity used by us and 94% is still spare for future expansion /generations.(ii)

Now YOU and ME can just analyze what we really are ?
The answer may be 5% conscious and sub conscious waves of

95%. Dreams, wishes, fears, anger, love, jealousy, greed, LUST and what else not. Looking, speaking expressing, writing, sleeping, fighting, killing and getting killed in the process like Soldiers. Medical scientists are on job to find answer. Thinkers, Saints tell of IQ-EQ-SQ doing all jobs in tandem. We succeed and some times also FAIL ? All the changes get recorded in the hair format like **Micro-Film** style to maintain permanent records for million of years after DEATH in Hair-Computer ? This is difficult question; but well clarified in Shri Guru Granth Sahib in two lines as :

Jal Kee Bheet, Pawan ka Thamba, Rakt-Boond ka GARAA; HAAND-Maas Narhi ko PINJAR; PANCHHI basey BECHHARA.

Means that our body is wall of WATER, Column of AIR and COCRETE produced by the union of 'Egg-Sperm'. It is made of bones and flesh woven with mesh of veins and NERVES; wherein dwells the **POOR-SOUL** (Bird)' very helplessly-Helpless-SOUL ; the ambassador of the Creator.

There is no other perfect definition in this world. For all difficult questions, we can search and find right, brief and perfect answers in SGGS please!(iii)

CHAPTER—4

HAIR— CREATION — ROOTS— D.N.A.— ELECTRONICS

As being explained, hair is the every first important part of life initiation. This thread is very important in so many aspects of life! It has been researched now that if there is no proof of an accident, crime or disappearance of animals 30-50-70 m years ago are not traceable from body parts, like bones or even teeth which are decayed; then traces of hair is enough to detect the D.N.A., as it is the only 'hair' which don't decay or die at all ? The body parts, bones and even teeth were decayed over 60 m years, but only a bunch of hair were traced. From the D.N.A. tests, the whole body-design of '**Woolly-Tusker**' have been reconstructed now!

The cause of death of '**Napoleon Bonapart**' by slow poisoning was detected from his fallen head—hair much later ? Otherwise it could never be found out ! Hair suck body poison to save it from dangerous effects of poisoning, otherwise man-women could die quickly ! This could be possible as his friends who were allowed to meet him had collected his fallen hair out of curiosity as his 'Relics' ? This quite well proves that hair also act like roots of plants; which draw life-energy-salts from soil. So, hair are the very first 'Life-Root' and possibly the very initial 'life-source'. Therefore, even when animals or humans expire, the hair keeps them alive ever! Hence we can also deduce that a scientist may find his 'own-hair' for linkage of his present birth! (My friends of this world, it has emerged just while writing this line.) Therefore, it is hair only which opened vast research scopes for anthropology..!

This new find is no less than '**invention**'. It is scientifically proved that the Hair can preserve oldest original information of life and '**ROOTS**' of earthly life. The 'hair-thread' of life is expanding so well that when I took up writing on 6 th May, 2005, I did not know these parameters. Had I written it an year earlier, these lines would have absent with much different matter

written here, later the better . Now it is revealed that hair are everything in the process of creation, evolution, development, reception, transmission and even retention of essence of life secrets 'Physical-Mental-Spiritual' aspects! How, all this ?

1. The very roots of plants, grass, wheat, paddy and all are not simply roots but the real hair of these ! The bunch of roots of uprooted plants look like hair when held up side down ? These are 'hair', . **these are plant's HAIR please !**

2. The stems of plants are created by extension of these 'root-hair' into stems of 1-2-3 meter or more high strains in crops with long whitish threads going to top. Trees and higher plants have hair in fiber running up in bark, easily seen in banana, creepers, vegetable plants reaching up to leaves. Also fine streaks in wood and lines in Teak-wood.

3. LEAVES : Now, let us examine leaves ! All leaves have a long middle streak from which side thin streak-branches of hair look spread to the lefts and rights. These are quite strong and save leaves from tearing ! Look up a dried Leaf and mesh of very fine webs of hair are clearly visible !

4. Now it gets automatically revealed that life essence is initially and very remotely contained in the 'hair' fiber in different stages of evolution; i.e. roots-strains-leaves-flowers-fruits, fruit fibers and fruit skin-peels. Hence, hair contains all original intelligence summed up from other features weaved into "Garment of Body". This is the very Root-Factor of life DNA and technology of life-Fiber-Electronics.

EARTH—ELEMENTS—LIFE :—It would be interesting to describe briefly as to how life was created on this Earth ? Our Mother Earth is knowingly over 4 bn or 4000 million or 400 Crore years old. The Creator has been on the job for over 13 bn years; when He made a WISH order and a small ZERO of PEA size appeared from the 'ETERNAL—TRUTH' This -0- exploded out of it's own power of Ego—Libido to comply with His command. We call it Big-Bang and sparkles flew all around at fantastic speed to create COSMOS out of so called a 'BINDU' by Indians or SHOONYA or SHUNYATA and the theory is more convincing than western **Big-Bang** theory please?(i)

I had not written all this had it not been well confirmed in

Shri Guru Granth Sahib thus (P-1037 Jap-Ji-Sahib)

1. *Sunnho SUNN Upayenda*" = CREATOR creates everything from Zero !

2. *Antar Sunn, Bahar Sunn, tribhavan Sunn m Sunn*=Zero inside-outside, -0,0

3. *Suno Khani, Suno Bani, Sunnaho Upajee Sunn Samani*
Listen and listen ! HE created four types of life sources i.e. from Egg—Placenta, Perspiration and vegetation from lands. Ultimately all this creation from ZERO will again vanish into 'The ZERO' from where these were born and contract into original PEA - or —0 — again .

(I foresee that BLACK—HOLES will eat the Cosmos into PEA of infinite Mass) after 2 bn years)

As above, SGGS nothing in doubt about origin of Cosmos from Zero and again merging with ZERO = 0 = . So Zero is the most power full Creator and Destroyer too. This proves this Zero theory beyond all doubts or Questions ? Guru Nanak, the founder saint of SIKHISM had told as well written all these things yet to be discovered ; as early as 1500 AD as :

ARBAD NARBAD DHANDHUKARA" = Smog of dust and water vapours {P-1035}. All defined in just three words and so perfect description ? Then further cooling creating hot-brown rains; quickly evaporating from hot Earth. Then 100-200 ft deep water was flowing on the Earth to create seas at low levels. It was '*Pralaya*' or great Biblical flood. We bore for a hand pump and find 7-8-10 feet — sand bed at 50-60-70 feet down and also at 300-400 deep bores; which are the beds of perennial flood water and planned water bed for us after 700 million year to drink.

CREATION OF LIFE :—Briefly; the Creator was never in hurry and everything was created in slow technology under laws of physics, chemistry, biology, heat, light and all subjects we read in colleges and Universities. Then life was started from sea bed where Moss was created as first food for the single cell life. Then small fish, bigger fish, other sea life; jungles on the Earth, animals and even birds in next 600 million years. Even mono cell organism had small Hair-Tail. Before any creature, food was first

provided in that area; as SGGS tells :

Pahley Dey Hai RIZK Sabaha, Pachhey Dey hai JANT Upaha” Means :

The Creator first creates FOOD and only then He creates Creatures of that kin in that area; other wise they well die

All the creatures and HUMANS have been created by facing all the forces of life on this Earth like heat, cold, storms, floods, Sun rays, Air pressers, Cosmic-Rays, Earthquakes, frequency waves, animals, dangers all around, plagues, famines, diseases, fevers, bites of snakes and bees and so many other dangers which can end a life any time. But the CREATOR has made all security and perfect defence system to save a life 500-700 or 1000 times a day and for long period of 30-50-70-90-105-140-230 or more years for animals like crocodiles, snakes. Hair were always there with all creatures in one form or other and firm security. We have an easy life of 80-100 years or more in special cases. HOW :(ii)

Our body is a complex combination of micro life-cells, DNA, GENES. We have 60 million Brain-cells, 3 b n or 300 Crore life cells, 2,50,000 km nervous system (6 times round the Earth) 1,00,000 km canals/veins. The blood cell contains our parental DNA history, millions of genes in each blood cell. Genes are the real life which learn all the arts of life changes, surroundings, invent new defence system for new fevers, diseases, organisms and even our all habits of food, attitude reflexes and complexes. That is why all the children are different than even fathers and their mothers; only on account of genes mutation.

Technology of LIFE-CELLS :—The 3-b n life cells are our brigade which are ever ready at our command to give solution to every micro or major problem at once. They wait for commands from what we see, hear, smell or touch to advise us even by voting in case of complex issues. In case of equal voting, they advise us to wait and ask for more time for analysis. All these operate in synchronized frequency-waves from body to brain and from Brain to every micro-cell in perfect tandem and not a miss occurs; except when we are not attentive. The life-cells take

conscious-sub conscious, dreams, fears, IQ+EQ+SQ (Spiritual Quotient), the EGOS, moods and reflexes. If you just decide to cancel programs and announce to take rest; the life cells at once announce "No-work friends HOLIDAY today" Let us enjoy sleep !! ... *CHHUTTEE* ? You are free !.... @

YOU –Me and LIFE :—Let us now have a 3-D view of you and me ? What are we after all. How we are and where we are ? Life is a continuity !

- *A miss is an earthquake or storm and repentance ?*
- *A heart beat missed is an ATTACK - not to forget ?*
- *A blink is a train missed/absence from the life activity ?*

For all this we need to have good health, good brain and perfect co-ordination. We need energy for all these activity. Energy, heat is from protein foods, Solar energy, body battery-charge, instant sense co ordination and organs. Good and clean blood to feed the Brain and all body cells, muscles and limbs. This is the fragmented-co related concept of that YOU and ME are ? My body name is Nirmal Singh, which I am surely NOT—? How will it matter if I change name ? I will not change a fragment if I change my name to Kartar Singh or Pritam Singh ; my HAIR will have the same DNA of past 50,000 generations.

Now YOU and ME can just analyze what we really are ? The answer may be 5% conscious and sub conscious waves of 95%. Dreams, wishes, fears, anger, lover, jealousy, greed, LUST and what else not ? Looking, speaking, expressing, writing, sleeping, fighting, killing and getting killed in the process like Soldiers. We succeed and some times also FAIL ? All the changes get recorded in the hair format in *Micro-film* style to maintain permanent record; million years after DEATH in Hair-Computer ? This is difficult question; but well clarified in Shri Guru Granth Sahib in two lines which is a perfect description of our brain -body -mind -nervous system- bones and total structure :

"Jal kee BHEET, Pawan ka Thamba, Rakt - Boond ka GaRAA;

HAAND-Maans Narhi ko PINJAR; PANCHHI basey BECHHARA.

Means that our body is wall of WATER, Colon of AIR and

CONCRETE of 'Egg+Sperm'. It is made of bones and flesh woven with mesh of veins and NERVES; where in dwells the '*POOR-SOUL-Bird*' very helplessly—Helpless-SOUL ?

There is no other perfect definition in this world. For all difficult questions, we can search and find right, brief and perfect answers in SGGS please !

(This is original research with co relation of 'IQ+EQ+SQ'
—Roots—.. Special research, effects, blending by the author.)

CHAPTER—5

SUN POWER—ENERGY—RAYS—LIGHT—VITAMIN-D

The creatures have been created over very long process of time of 4 b n years. All the stages of this long journey are not fully known and discoveries are still going on. From -0- to big-bang to formation of planets to Earth, 5 elemental evolution, from 0-D To 1-D 2-D 3-D volume shapes; all have been so slowly evolved creating all hundreds of basic conditions required for sustaining life activity on this MOTHER EARTH. Evidently each live organism needs, Air, fire-heat, Water, space and Earth to move on and search for Energy in the form of FOOD. The life has evolved from micro organism to develop into fishes, ants, lizards, snakes, monkeys, lions, elephants, birds to fly in the sky and we the HUMANS ?

WATER—SUN POWER :—The life started in the sea when the Earth was still hot and sea was cooler at 20-30-40 C suitable for life and the blood to flow in the veins! Life needed food and heat energy from the Sun to propagate. Then appearance of Grass, vegetation, bushes and trees; required more energy from Sun-power which was in abundance -free; otherwise life would not have travelled a long journey of 700 million years to MAN. So far, all the planets have no life as hundreds of basic conditions are not available there ?

The Sun radiant power has many latent forms indispensable for the life on this Earth. The Sun provides light, heat, Energy for growth and vitamin-D is also important for the body and life. It helps in chemical conversions, catalyst and secretions in the Hair format. The light appears white which it is not ? In 1666 Newton found that Sun rays if passed through glass prism, break and disperse in 7 different colours i.e. **Red-Orange-Yellow-Green-Blue-Indigo-Violet** all having different waves lengths from 4000 A for Violet to 7500-A (Aules) for Red spectrum.

LIGHT-RAYS :—The Sun rays also need some base for dispersion and absorption. Here the role of our HAIR comes into

play, as light requires some medium or base to get absorbed. About 60% light rays are reflected and only Ultra-violet rays get absorbed. The Hair format is comparable with the Sun-Glass screen required for recently innovated Solar Cookers and Solar heaters to save Electricity wasted in heating water and cooking. Hair contribute as silent chemical-Engineer in so many ways that it is difficult to describe all the parameters. Some basics are given as follows :

(i) The hair absorb Ultra violet B type rays of 3150 to 2800 A is= Aules - (wave measure), which falls out side the spectrum and below normal U V rays. These synthesize Vitamin-D by absorption in the Hair-format for conversion to Vitamin-D so essentially required for babies to grow well ..

(ii) The UV range of 2900 A—3300-A, creates pigmentation in the hair roots to accord colour tinge and shades to the Hair. This also helps in creating a layer to stop other rays from penetration and causing some problem

(... Reference from Dr. Chanda Singh book 'Hair and Health' ...1956.)

(iii) The UV rays of a range of 4000-3150 – A may cause Erythema in sensitive persons creating rash and inflammatory skin reactions. I have noted this in the high attitude bright Sun creating red rashes on face, arms and body.(i)

VITAMIN-D : Vitamin-D is the most important and needs better analyses. The pigment absorbs the radiations to activate 7-dehydro-cholesterol content of the sebaceous secretions to form vitamin-D, absorption in the blood, improving calcium and phosphorus metabolism, which is so good for healthy body ? This is also good for growth of teeth. So, brothers, we can assess how important the 'HAIR' are for our health parameters. (The western children with less hair, have poor teeth).

SOLAR-ENERGY-BODY BATTERY CHARGE : The body needs heat energy to propagate, move, run in life. In winters our activity is reduced very much and our movements are slow, restricted due to less Solar-Energy available to our body and limbs and hair-format. Our body heat is lost in heat radiation and need more food or tea to keep warm as compared to summers.

The body battery with 24 to 40 volt charge, needs Solar

charging and gets auto-activation after Sun rise. After one hour of Sun-rise, our brain starts shooting ideas and remind of pending jobs. Suddenly you are reminded of plan to meet a friend on the way to office or shop. You take bath hurriedly, breakfast hurriedly and run to the car quickly; even drive faster ? You were at ease till 7 am. So it is magic of the Sun-God by charging your body battery for the daily job-work schedule, needed energy, mental activation, calculations and pros and cons ?

SUN-HAIR-SEXUALITY—FERTILITY SCIENCE :

The role of the Sun-Power in creation of life, sexuality science and fertility is of great importance as it directly relates to our health to produce progeny of good health and disease free too ? The female EGG formation is a biological perfect CLOCK, which is essential for conception and child birth. In the animals and birds it is a perfect clock matching with the food availability at the time of births. Most birds lay eggs at the beginning of early summers as food also grows better in summers. But crows opt for rainy season when frogs, earth worms, flies and moths are in abundance.

South-pole residents Penguins, lay eggs in dark winter to hatch in pre-summer ;when sun rays appear, seas melts and new fish is there and babies are fit to travel and strong enough to swim and catch fish to grow and be healthy in summers before next winters. They know hours, days and months even in a long night of 5-6 months. When they lay the only 'ONE-EGG' the temperature is (—) 50 C and the male Penguin has to collect the fresh Egg in pocket in less than a minute or it is just FROZEN' to death ? And see, hardly 1% eggs are lost .

This very well applies to all humans also but with relaxations as compared to birds and animals. We have learnt to store food and shelter materials. But the science of Sun-power and fertilization is co-related as evident from large population of hot and temperate / hotter countries like India, China, Indonesia, Mexico, Brazil, middle Africa, South European countries. Russia, Sweden, Finland, Canada, have low fertilization and far less population. The other basic feature of the Sun power is that foods also grow more in hotter countries. Look at the GREEN revolution in Punjab of India, which broke food production records in 1975-1990 and

made India self sufficient in foods, even with population going up from 400 million to 1100 million in 50 years ? Great! Therefore, the Creator has a perfect science of elemental powers of life-creation on this Mother-Earth. That is why the females and mothers are blessed with large and heavy HAIR-format in contrast to their partner men. The hair are asset for creation of progeny and nergy requirements as the child grows teeth to eat something and breast feeding ends.

SORRY – SORRY – MOTHERS : Now if the ladies and Mothers cut-off Hair to look mod and artificially charming at the risk of health of their children, damages with reduced Sun power, lowered vitamin D contents in the body to invite diseases, reduced fertilization and teeth problems. Then what to do; whom to blame and what is the fault of weak children. Poor teething and diseases quickly ?

PROBLEMS OF MODERN TRENDS : The modern trends have created so many TOPSY-TURVY' problems that counting is difficult. I will therefore give a few of them to analyze how much damage has been done to our health culture ?

- * –In past 50 years, our life has been 'PRISONED' in indoor life, offices, multistory buildings, doors and windows closed for AC's; with lights ON-?
- * –We make windows for air, glass for light, then curtains, double doors and shut down them to stop Sun-light and Air and then use AC's and lights ?
- * –A farmer and labour-worker spends whole day in day light and Sun. They are healthy and disease free. We urban modern people get up to take Tea in the bed, go to bath—*attached*, then to GYM -closed, bathroom, dressing in lights, dining away from Sun and INDOOR games in the evening than football ground.
- * –Even exercise—YOGA—Pooja worship in a boxed Mandir and car at 20 ft to go at once .
- * –Further, closed trains, closed Malls, shops, restaurants, lifts and all automatic without any efforts ?
- * –Now FLATS instead of open houses, hostels in colleges, 8×6 ft box offices in the markets .

The list can make a booklet. We have so well shut off the

SUN from our living culture, styles and methods. Good looking men and women purchase packs of medicines from Chemist shops; troubled with many ailments, skin troubles, loss of appetite, sleep; also complaining of side effects of medicines. More medicines to cover the side effects. More strong medicines to control side effects of side effects. So :

“By shutting away one “SUN-EFFECT given freeby the Creator and nature. we have invited so many SIDE-EFFECTS” that our life is in perpetual peril”. This is the story of 50-years and what will be the health of our grand sons will be better clear with a Matrimonial of 2045 to appear for your grand son in the papers this way ?

“IAS Boy of 34–height 5'- 8” , slim 43 kg. LENS only 5, only 4 teetch broken partly, 7 tooth decayed but intact. Head hair recession only 3”, big head with big brain, sharp, intelligent, colour -yellow. Matching girl with long hair preferred.”

REPLY

“Well matching to requirements is our daughter P h d-31 lecturer, 5' - 4” slim 34 kg, lens 7, only 3 teeth cracked and 6 decayed. Long hair 21 inches but falling with combing. Earning well but no cooking, washing, cleaning habit. Very fair, bluish glow, slim and long fingers with short nails. Slight joints ?

I have given only one sample so that the readers can imagine, write such matrimonial and enjoy by comparing the future generations with our selves and our fore fathers of 90 kg, teeth, eyesight intact up to 70 years; long hair FD and red glowing faces, stout legs and arms to work easily ?

VITAMIN-D HAIR – SUN POWER – HEALTH SYSTEM : How important the Vitamins are for our health and how little they are in our body. The vitamins are of organic nature essential for growth, metabolism process, assimilation of food energy, repairs and maintenance. They are as little as salt, or chilly; we use in our foods. They are different as minerals, carbohydrates, fats and proteins and act as food agents like dealers. These are of two kinds i.e. Exogenous and Endogenous catalysts; like yeast for alcohol formation; to translate food into energies for the body, vitality and power .

VITAMIN D-Needs and SOURCES : Vitamin D is a

product of the body and less found in foods. It is very important and very freely produced in the Hair-factory by reaction of UV – Sun rays on the HAIR – Shafts and sebum help. The need of vitamin-D varies as per design of intestines, food materials, metabolism technology as per biological make up and cholesterol, nervous system adrenal glands and hair formats. They can be compared with Umpires for good body conduct and internal micro systems.

The Vitamins are classified as a-b-c-d, complex or combinations, but vitamin D is different than others as 95% is available free from Sun through Hair-Solar screen on the head . Without vitamin-D, conversion of foods to Energy, assimilation in the body centers, tissues for strength and power for working of limbs; would not be feasible ? Farmers and workers work in fields and have stout and disease free health in contrast to we urbanites, with plump and slump bodies unable to lift even 20 kg on travel and need coolies who are strong ?

SERMON – Now please God's sake, ponder from where will be get 95% of Vitamin-D after head-Hair cut, Shaving beard and moustache as nothing is left to synthesize vitamin-D from Sun-Rays; so FREE - ?

It is astonishing how much deficient we are in Vitamin-D and flooded with ailments of digestion, gas formation, constipation, erythema, rickets, skin eruptions and what not ? Babies and children need tripple quantities as it is essential for growth. They need 3000-3500 international units (IU's) as even MILK has small Vitamin-D. Even mothers fail to understand this natural laws of Sun-Power chemistry and HAIR-POWER charging of vitamin-D WEALTH ?

VITAMIN-D Deficiency SYMPTOMS and AILMENTS : Here is brief List :

1. Mental tension, imbalance, confusion, nervous problems and fatty body .
2. Foetus abnormalities, poor weight, weak bones, pre births and rickets .
3. Vitamin-D is well distributed in skin, brain, lungs, spleen intestines; for day today needs and usage when body needs it. Mothers get it from hair for embryo. Cutting of

hair by ladies is fraught with dangers for their babies and children ?

4. TB is also related with shortage of vitamin-D. Rheus monkeys with less hair are prone to TB as per research and this warns us to keep full hair .

It need not be stressed again and again that cutting, trimming and removing HAIR has disastrous, dangerous, perilous, self-killing effects ? Ladies trimming their Hair is no less than inviting diseases, infirmity and handicaps for the KIDS ?

(... Adaption from Dr. Chanda Singh "Hair and Health" 1956,.....Ch-9-10)

CHAPTER—6

HAIR BASICS – RELIGION – ARTS –PAINTERS – WRITERS – DANCERS – MUSICIANS – RISH-MUNI'S – BHAGATS – SADHUS

The Hair are Creator's greatest property! It will not be an exaggeration if I express that our hair on the head and body are worth \$-1000 Million, or even more! They are as priceless as diamonds or 'Kohinoor'. It is difficult to grow a cut or amputated limb; but the hair break, fall, uprooted and always growing. They grow like our tree companions planted by our grand fathers on our births as an 'insignia'. Over that they are on the top of our bodies ! Good and great !

Some how, hair are consonant with nature. All those persons having nearness to nature keep full hair as natural property and this gives them a gracious appeal. It is difficult to specify how and why shearing and cutting of hair started ? In India, It might have started as religious sermon to remove head hair of children and clean shave the heads on the death of fathers and seniors. But still, full hair growing has been quite prevalent, customary and wide spread in India as well as the world over.

Religion : History is good proof that all religious persons did keep full hair and preserved them well through out their lives. Binding the hair in a *knot* on the top of the head is oldest tradition in India. Typical turbans were worn in the period of The great King Ashoka. Otherwise also turban has been a common feature in all parts of India, Arab countries and other countries of the world. Rishi-Muni's, Gurus, teachers, Jesus Christ, Budha, Kabir, Namdev, Swamis and Sadhus kept full hair as a religious format. Shri Guru Nanak, kept full unshorn hair very naturally. Guru Angad, the second Guru was a Brahmin, but kept full hair. Third Sikh Guru Amardas, did visit Hardwar for 30 years, but did not shear his hair at all. It was for the Tenth Master, Guru Gobind Singh, to accord greatest importance to the hair as the most important and respectable status for the baptized '*Sikhs*' Also as the first essential feature property and special '*INSIGNIA*' of

Sikh religion as a separate identity, personality and respect the world over.

ARTS – Painters – Writers : All types of arts i.e. painting, writing, music have direct link, relation and contact with powers of nature, Trees, leaves, wind music, rivers with murmuring of water waves and ripples, curves, valleys of mountains; all have direct effect on the mental and spiritual thought waves and hair do play invisible role in this cosmic communication. Therefore, painters, writers, musicians, go to mountains, make huts and carry out their activities under natural auras. The hair give them a self composed intrinsic thought waves, feelings and pleasures! List of such persons is unending so I will give only a small mention :

Wordsworth—Milton—the great poets of nature.

Shakespeare—the greatest writer of English dramas.

Rabinder Nath Tagore—the great Indian poet, preexcellence and also painter and Nobel Prize winner.

Meena Kumari, Madhubala, Shyma with grossly-wavy – curly hair potential for acting arts and talents .

Prof. Puran Singh, the wonderer, nature lover and mystic

Paramhansa Yogananda—Scientific ‘Yogi’ teacher ; with long waves-curly locks. Told about electricity in body in 1939.

Bhai Veer Singh—Great Punjabi writer, mystic-religious with resplendent beard.

Nanak Singh—Great Punjabi novelist with oval shape white beard a sign of wisdom.

Vioba Bhawe—Saintly personality of 1950’s who had started Land donation wave with spiritual zeal and success with fame ..

Batalvi—Poignant Punjabi poet par excellence. Had stiff-curly close-set hair.; serious and gloomy poet .

DANCERS : Dancing is a great, very difficult scientific and technical art. It requires fine intelligence, perfect body limbs, physical stamina and prowess. Dancers have to dance for hours non stop. Indian classical dances require good synchronized stepping with musical ‘Ragas’ actions, artistic movements and expressions! Indian films are but listless without songs and dances. Therefore, Bollywood has produced great exponents of dances, specially

actresses. From 1950 to 1980, dances with classical songs ruled the screen. Many films like old timers Jhanak-Jhanak-Payal-Baje, Raj-Tilak, Ajab, Do-Badan, Sarafat, Nav-Rang, Guide, Neel-Kamal, Kagaz-ke Phool and so many others were made on 'dance-song' themes. Of late, rock culture, leg-brake dances have infiltrated the film industry. With cordial respects, I would mention names of Vayjanti Mala, Wahida Rehman, Padmini-Ragini, Travancore twin sisters, Helen, Hema Malini; all possess long, thick, wavy, curly hair! Helen and Wahida Rehman had great endurance..

BHAGATS—Rishi-Muni—Sadhus : India is land of Bhagats-Rishis-and Sadhus from oldest times. India is in fact greatest land of religions. Rather, it is a *Lab* of God's experimentation ? Out of total 11-religions of the world, five religions i.e. Vaishnov, Sanatan, Budhism, Jainism and Sikhism have been produced in India. Muslim and Crishtianity have also flourished on Indian soil, being tolerant people! India is a land of religions with abundance of Sun, Water, Rains, Wind and Foods. There were great Bhagats at all times like, Prahlad- Dhruva - Hanuman - Kabir - Farid - Surdass - Ravidass, Namdev, Meera, Sain, Tirlochan, Dhanna and the list can go very long ? They respected their hair as much they loved God ! Rishi-Munis were better known for their well preserved hair as a big 'KNOT' or 'Joor' on the head ! Sadhus, the lonely persons away from active life, adopted same styles in a bid to be compared with Rishis. In rural India large populace and tribals keep full hair and beard basically as a martial styles and significance! They are to prove their prowess by demonstrations, physical fights and tough tests; before marriage to a girl.

It is really difficult to pin point every small feature of hair in mathematical form or numbers ? Hair is a gross totality of hundreds of features all in variables. Therefore, mixing up will generally happen in normal course. All information, contents are fragmented into locks, waves, curls and upto each hair. We can Read X-rays, E.C.G., E.E.G., Sugar tests and so many other Pathological tests. Future doctors, research Labs will be able to innovate large number

of new tests on hair like Microbiology. The new tests may be called 'Hairo-Loggy' to identify the roots and causes of diseases for corrective medication and treatments. These tests may also take into account the body – culture, temperament, acid-bile-formations like Ayurvedic –Symptoms and Homeopathic reflex identity. As an innovator and Inventor, I foresee a new 'Pathy' coming up in next 20-30 years !! We can name it any term like Hairo-Pathy' Hair-Scopy' Hair-Loggy' or **Hair-Telly'**. Hairo Pathy like Homeo pathy would be more appropriate.(ii)

CHAPTER—7

HAIR – NOSE – EYES –FACIAL WAVES – LIMBS – RELATIONS

Our body has many organs and limbs which form the infrastructure of our brain-mind-senses-flash-thought-action schedules every second, minute, hour and so on through life. Every organ-limb contribute their bit to the point role in total thought action process. Our 'Nose' is a static but very important, rather most important feature of our face. It is a strong *3-D Tent* on our face which has a tunnel into our body 'Power-House' and ever remains open where as we can close our mouth or eyes at our will. Why ? We are to breathe oxygen every four seconds to keep our Oxygen fed Body 'Engine' FUNCTIONAL, technically, mentally and spiritually. Good. So, let us appreciate our long and strong Nose ! Nay; nose and Noses of every creature on this Mother -Earth .

I feel difficulty in explaining all about the nose as this feature is all different for all the sons of 'ADAM'—Papa of the present, past and all the future grand-sons to come for next thousands, millions of years ?? What a feature the Creator made ? So, our 'Mr Nose' is a civil engineer by shape, a mechanical by action, electrical-electronic-engineer by flash, thought perception, a great action-planner and overall the final result achiever to a success under all circumstances; easy or tough. Similarly, our hair do multifarious functions and are, therefore, different for every body. It is the nose which imparts a different look and personality to each of us in this world. Even twins have some minor variations in nose and hair look. The trigonomatery of nose needs scientific and technological description as follows :

NOSE The Thinker—Watcher—Director—Actor—Dancer and 1000 Roles : It is a 3-D Feature having length-height-width plus snake like energy 'Fangs' which are probably the very ROOT of the nose. So, it is a Director-Actor itself in one ! It has with it the all sciences of life and operates in about 50 basic departments and 1000 of micro activities. Strange and unbelievable. It will not

be possible therefore, to define or detail all this in the book of hair subject. It will be a 300 page book with 400 sketches of many a kinds of noses in the world of 'Noses'. It is the 'Nose' which make personality of a man and the beauty of a woman!

I can only mention very important technical aspects in relation to other features of the body to define a strong-medium-weak-powerful-successful person in the electrical parameters. The length indicates reach, depth, concentration. The height relates to I.Q. or brain relation or Voltage'. The width means, energy-expansion, activity, tolerance, labour and therefore Ampers. The shape of fangs, thickness of curvy lines and the tip of the nose define the output-efficiency or the *Power-Factor* to create power or the '*Horse-Power*' in Mechanical-Electrical language of the day. Similarly, short, medium, long, wavy-curly hair have multiplying factors. The I.Q luck, destiny also contribute to success in life i.e.(i)

Nose Type	Small	Medium	Long	Power (H.P.)	Person Types
a-Length	1-normal	1.5	2-3	20-22-25	Labor-Beggars-Thief
		X-1.5	x-4.5	25-30-35	Skilled-Clerks-JE's
b-Height	1	1.5	2-2.5	20-30-40	Shop-Job-BPO-Banks
		X-2.25	x-9-11	45-50-60	Engrs-Drs-Industry
c-Fangs ok	2-2	x-4-5	x-20	50-55-60	Owners-Mills-Ind.
wide clear	3-3	x-7	x-30	55-60-65	Malls-Lrd Co-IAS
sharp lines	4-4	x-10	x-45	60-65-70	MNCs-CM-VIP
d-Hair-small	1	x-1.5 curly	x-2 wavy	-----	Normal Powers
* medium	1.5	x-2 curly	x-3 wavy	65-70-75	Extra Energy-work
** Long	2	x-3 curly	x-4 wavy	70-75-80	Super-Stars
e-Luck-x-X	5-10-20	x-30	x-70	75-80-85	Tatas-Stars-
Destiny					Gen. PM's-Kings
Especial—Supers : Shining—Bloom—Respects—Tops—Prizes ! x...x...x .X. .XX					

The above chart is only a demonstrative to explain the effect of various features and factors of the organs which contribute to make the large variations from the beggars to the kings in the similar bodies ? There are large number of multiplying factors in the body inbuilt in our design of nose-eyes-chin-hair-length-height-width-fangs-bones etc. It is difficult to express human powers in figures and I have innovated the term of Horse-Power, as actual horse power of a man is 1/4 of a animal horse power; the earlier parameter. My H.P. in out of 100.

Engines are designed in H.P. Therefore, HP can indicate

relative relation of our power; which means, capacity, strength, work-potential-stamina, potency. Success-status, Shine-rise-bloom-health and wealth of a person. I have used symbol $x-x-X$ as a multiplier-factor for each indicator faculty into mathematics for comparison ! These factors get further multiplied with the invisibles like luck, destiny, wealth, links and Power equations ? These keep a suspense in life; being the Cosmic-secrets of the Creator ! These are great multipliers of eminence and recent coming to Laxmi. N. Mittal; a scrap dealer becoming a billionaire; eminence coming to Ashwarya Rai as a world symbol in dolls. (I consider it greatest point as an artist and painter.)

Evidently, such blooms cannot be mapped in any measure; as the multiplier can be 100-300-600-1000 or anything above ? These, made Sh. A.P.J. Kalam our President and S. Manmohan Singh our Prime Minister; just on one good day!

The Creator has blessed us with abundance of life Power-Energy Micro-Macro creative force, which can not be exactly defined in our accounting styles . We can only compare the performance or achievements on this Earth. We can idolize great persons like Alexander the Great, Cleopatra, Shakespeare, Ashoka, Akbar, Hercules, Vasco-de-Gama, Tagore, Newton, Samson, George Washington, Picaso, Columbus, Queen Victoria, Mahatma Gandhi and many more. But we cannot compare the Prophets like Christ, Budha, Confucious, Mohammad and Guru Nanak; being only of their own spiritual kind; having achieved 0-D in the format of Macro-Micro-Macro' unlike the worldly great strong men and kings.

I am using scientific-techno words simply to modulate the matters into the modern language for easy understanding of natural parameters in our words. The purpose of this chapter is to analyze the gross matter into parts and different data Like 2-6-12-24-40 and so on. For example, a long and high nose has a factor of 9. With good fangs it goes upto 45. Now with long and wavy hair having a multiplier factor of 3-4; the final power will rise up more. (Tagore-Waheeda Rehman-Vinoba Bhave—Osama Bin-Laden; with long nose, beard and big chin) In great contrast, the power in the first column is only 1. Such persons will only do daily labor work with a fixed income to earn two meals and

cannot think more . On the other hand, the persons with 30-45-65 power levels cannot think low; aims for higher scopes. It is now easy to understand the H.P. basics. This is only parameter to arrive at H.P out of 100 HP; just like % marks in schools. HP is worked by Voltage x Amperes x Power Factor. These are noted from nose height, width, and all other features for the P.F. Therefore, the HP remains on the lower side due to 3-multiplies. As such, HP of 30-40 is just normal or second division. 50-55-60 make it good or first division. 60-65, is very good. 65-70 HP is for great persons in good-high positions and successful. 70 HP is considered high profile, aggressive and super. I made studies of 150 students for 20 useful features and worked their HP also. Boy, Amanpreet of Chandigarh, who was out of control and very aggressive had HP of 70 and had tremendous energy and very good I.Q. as well. Time is not far when all marking may be done in HP in schools, grading of staff and officers instead of ACR. The language will be that 'Oh! he is just a 45 HP. In contrast, the saints, spirituals use all energy, say 40 HP only in meditation bloom; increase his voltage to high levels and frequency to synchronize with the Creator. I have only to explain that we can utilize our HP energy for any activity! Life is ever changing to new horizons. After doing a degree, MBA or IAS, when a person joins his job; he is in great spirits and boom ! But, in next couple of days he is in shock as, he is not very useful in his job, as it requires much different activity. We learn every minute, day, month and through out life. Even after 20 years service, a good engineer is found unsuitable to a project ? So, we are always rising stairs, changing gears of our life-Car. In fact, all the engineers, doctors, and meters are inside our body; doing checks, audit and cash tally regularly like Banks. With large number of body-mind-organs-IQ-EQ-SQ; Genes-DNA- and *CHAKRAS* Centers make unending combinations to make every person unique.

Q. Can you give some present example ?

Ans. Yes, Why not ? Arafat is one such example for us! He had personal power of 75-80 HP with a Long-Strong-wide nose with single dimension straight hair. Head of a smallest nation, he was very suitably tolerant leader, respected the World over among a few top leaders of U.S.A.-Russia-India-U.K. or China.

HAIR—GEMS...PART-I

Hair possess so much treasure that it is very difficult to know and describe the potentiality, wide spectrums, versatile features and infinite formations of the Hair format; which bless every person a distinctive and independent personality from all others in the World as :

1-The hair are the most original roots of life and have direct link with our DNA, Genes, Cosmic Linkage, Antennae, waves catchers, Solar cooker for Vitamin-D etc.

2-Hair are our body Battery chargers, Radars, FD of metals, sulphur, oxygen and more gases.

3-Where as the head Hair at as Antennae, body hair act as coolers in summer and reverse to act as heaters or blankets in winters by entrapping air around the skin.

5-Hair contain rare element Like chromium, Zinc and lead, sulphur, phosphorus, Carbon, Oxygen, Nitrogen, vitamin-D and more.

6-Hair suck poisons like Arsenic as happened to Napoleon in 1821 due to slow poisoning and his ultimate death; proved in 1960 by his Hair test.

7-Hair act as bed, sheet and **blanket** for animals in winters; being bad conductor and change their role to savior from heat in summers by reflection science.

8-The rare metals act as precious FD in the hair banks to be used only in case of emergency like typhoid, jaundice to save our life from danger.

9-Hair are real ornaments of the ladies. But now they have destroyed them by cutting, trimming and colouring in to brown or reddish artificial look shades.

10-Samson was blessed with invincible power in the grown Hair. He became a challenge to the King? They got the hair cut by Delilah; his paramour; blinded to helplessness. But after some days he regained Hair Power and created destruction all round .

11-Hair are not decayed or get destroyed even after millions of years and keep us alive even after death and are God's

ambassadors. Woolly elephant created after 60 million years with the help of a small piece of skull with a bunch of hair fixed to it?

12-Hair are very fine and dense on our skull with 1000 roots in an area of only 1"-square. This allots a space of less than 1 mm from each Follicle-Root. Further each hair shaft has 6 different layers i.e. medulla, cortex, cuticle, Huxley layer, sheath and dermis, all in a thickness of 0.10 mm dia shaft? It is all micro.

13-The beauty-Parlor operators agree in half tones about the side effects and damage of hair of young ladies after treatments like colouring, shading, perming, shampoo-effects. Perming can do thermal damage to the Hair-health? Where as human scalp is acidic, hair treating agents are mostly of Amonia or Alkaline base; which will very naturally neutralize the acidic layers and cause damages to the hair base, shine and hair looks. Create dryness, brittleness, thermal damage, hair falling and reduction of hair density; clearly visible these days, and ladies are seen grumbling with damage to the hair? Yet they go on doing this with more damages to the Hair health of own making and difficult to correct now!

(-Dr Chanda Singh 'Health and Hair')

PART—II

CHAPTER—8

HAIR—COSMOS—COSMIC LINK—ELECTRONICS

We have discussed broad features of the hair in the introductory chapter 1. Now we shall go for details for formations, science and technology of our hair. As we know by now that there was nothing but void where now Cosmos is! Then by His order or 'Hukum' a small 'Bindu' of only a size of 'Pea' exploded to fill the 'Void' with sparks and sparkles all over? (this may also be our super flight to our 'Originality') It was a Indian Diwali in the Cosmos! Great and Great! If we look at these, they look like hairy lines of light spreads like an electric Cactus all over! By my fantasy' these may be the earliest hair sparkles as there was only null? At the same time, there was every thing of to day in any 'latent' form; 0-D concealed form of invisible energy? Apparently, these may be electronic hair in the 'Waves form'. (This can be my super-sublimation or hyper-FANTACY; as a sensor!)

We need not further fantasize what happened before life appeared on the Earth? But the most original energy, chemically, technically, physically weaved in to hundreds of stages form 0-D to 3-D or Non material to material forms—invisibles to forms visible! It can only be felt that hair are most important roots of energy-active-fabric of transformation through, roots, strains and nerves towards the creation of earliest life. In all the stages of development of cosmic energy-cycle, hair must have been the root - helper or 'inverter' in to all different stages from spritual to mental to physical in down- loading process in to day's language. Whether heat of 20,000 C, 2500C, 300or-50c. Even ice forms in hairy styles from drops spreading out wards like hair roots. It is fantasy!

As above, it will be slightly easier to understand by fragmentation. Cotton is basic source of thread for cloth. But cotton has very fine hair it self; which when woven make long hair like threads. Jute is just another form of long hair, three to four feet long. These make ropes, sacks and hundreds of other

items, very strong like pooled/bound hair. Coming to modern times, metals like copper , aluminium , iron are made into fine hair like wires and joined to make cables and ropes. HAIR—Cosmic Link - perception- reception:

After the Bindu explosion , the Atomic energy spread all over. But the basic energy was that of the ATOM' i.e.

Electrons - Neutrons and Protons and an perpetual communication link between the original and the expanded energy cells! This is the very shadow of initial life- energy from which everything else was created at very long journey or stairs or gears through billions of Earth- Years?

The chemistry of Energy conversion From 0-D to 3-D Space - materials of hunderes of different kinds ; through stage filtrations, heat- distillations , motions through magnetism, breaks - makes-breaks . Laws of physics - chemistry - biology and scores of other sciences ! But the most basic Root - Factor has been the Motherly link or the Cosmic 'Umbilical - Cord' with the original source 'The -Creator'. To make it more clear, examples of water is best. Sea water evaporates, clouds travel thousands of kilometers , fall as rain on the earth, as rain or snow on mountains. It starts , at once journey to its Mother source ; the Sea. Therefore, it is evident that the cosmic - materials never lost the link with the motherly creative source materials ever. That is why man goes on thinking about the Creator and adventured to devise so many methods of meditation, Concentration, going to jungles, sitting alone and now transcidental meditations. He goes on questioning 'from where I came- where shall I go ! -what a m ...I ? What is this ! What is that ? What is all around ? What is in the sky , how train is running , how it rains etc etc .

Sciptures also explain thus : (Jap ji....Jap Sahib ... Basant ki Var-M-5)

Agam agam asankh loa- Aakaar =Unknown, unseen billions of stars / shapes.

2- Akal ajjal - Namon nadde =Time less ! Unstrung Celestial music ever.

3.-Adesh hain - Abhesh hain Akal- Ajal = You are ! ! formless and frameless - Timeless?

4- Kithon upjay- kah rahe - kahan samay = From where born ! where lives , where goes ?

As above, Shri Guru Granth Sahib, has explicitly and effectively presented the Cosmic riddles about the Invisible and the man's dilemma ? S. G.G.Sahib , rather raises all the questions and also gives answers, remedies and solutions with examples from real life facts and history, easily understood even by any layman ! So, what we know is not even 1% of 1% of 1% of1% of the Creator's Universe ?

HAIR—Antenna—Ariels—Recivers : Without going in to excessive details, let us examine the early life in sea creatures , fish,otters, seals and all others. All have hair or hair like longish moustache always flickering. These are aeriels which catch all information regarding food, enemies, rocks and all else ? These gather required information from command operational areas. Animals like cats, dogs, lions, hares, mouse, bat and other thousands, possess a couple of long and strong hair above the noses to catch or transmit electronically generated waves and reflexes. In dangers; cats, charge these to make them erected and fierce looking. I once witnessed this myself.In 1983, my dog ran after a cat. The challenged cat charged with whiskers erect like cactus and my barking dog ran away in panic in a tizzy; away from the cat? This is example of self-security auto- reflex action and hair are greatest security factor for the security of life even in emergency.

In fact, there are hundred of life security shields and hair play great role to defend us. These are different for different creatures depending on their dangers/threat perceptions. Most of the creatures have good hair on the head and the body, The body hair have many typical roles like perspiration, heat preservers in winters by entrapping the air and also heat dissipaters in summers by heat radiation proces. It is really surprising how many typical roles hair play for us? Even the tail have good much hair to ward off flies. Horse rail hair are very strong and used for cutting of moles etc. The small hair on the eyes act as shields, sun filters and side track perspiration from entering in to the eyes ! Good, they also act by reflexes to trigger auto mode against flying

objects like ball, papers, pieces and precautions during storms, rains, driving on scooters and even buses with open windows. Hair are great chemical-engineers and use micro sciences and technologies in so many ways. Much needs to be researched to reach the ROOTS and functions of hair. It may take long years of micro biological type of research to reach the simplex-complex-multiplex chemistry of hair as the hair are very fine and in large numbers at every 2-3 mm of body space. The hair like BRAIN linkage with 3 b n life cells and every part have links and controls of our thought waves. Instant communication of senses to brain then to EQ-center and instant decision of command to 5-senses and tongue to speak out the decision . Quarrelling persons; abuse and challenge before the opponent can speak or say something.

I feel that head hair have separate hair for each activity, relations like mother, sister, servant, teacher, Demi-Gods, pets, son, daughter, friend and remind you at times surprisingly? How we feel like travelling to meet a long forgotten friend or distant relation or retired colleague after 20 years? How he is surprised to see you?

FUNCTIONS – Chemistry – Excretions – POISONS :

The Science and Technology of hair is so vast that I compare our body with the World and HAIR with this UNIVERSE; because our body decays and dies, but the HAIR do not decay or die or perish?

PROTECTION —SECURITY GUARDS : Hair are our protectors. Our brain is very delicate organ of 60 million neurons of 1500 grams. The Creator has provided a strong casing of Skull, but it can get damaged in falls, battles, stones, flights. So, the HAIR act as security shield, slippery mat cover of 1,00,000 hair.

THERMAL- REGULATIONS :— Hair have multiplex duties for the body.. which grows them. The outer layer Keratin is bad conductor and entrap the heat to keep the skull and brain hot even in winters and colds. They are Blanket 'for the animals in chilling winters or they would have died long back to extinction?

They create a thermal aura of 4-7 mm or more all over the body to repulse cold. The shaved areas are colder and shiver.

Our ancestors had thick Hair as clothing?

ENERGY—TACTILE SCIENCE :— The hair are directly linked with creative Energy, sexuality, tactile stimuli features and sweat; which is also linked with potent health ? The Hair are silky, delicate and artistic to arouse emotions and magnetic feelings. That is why the hair start appearing on the coming of puberty age line. Even females have delicate public hair as barometer of creative Energy or youth power. It is the electrical sensations that create affinity between husband and wife and acts as a catalytic agent to bring them closer. Hair act as, mediators, mood changers and other reflexes. Even after arguments; wife handling and fondling the hair is enough to attract the husband closer or an invitation for reconciliation after the trifle argument? This is so vast a subject that a 100 pages are needed to describe the contribution of hair to the couple psychology and behavior. I foresee, clinching rule of Hair in the matrimonials. I did tell 5 girls of plus 22 age about their marriage prospectus. Parents of three were told of quick setting in very good families and all came correct. Two were informed about linkage with NRI's; both went to America within one year. Therefore, hair act as music directors of films.

CHAPTER—9

HAIR—NERVOUS-SYSTEM—LIFE CELLS —FIBR- LINK.....BATTERY

Our thought process is very powerful faculty. It starts from the original flash; Bindu-power point, Mind; just as bamboo plant grows at once out of earth. A small Brahmandic Cosmic flash becomes an idea, then thought and thought process starts. Thought out of thoughts grow like grass in the Monsoon! Some thoughts are dimmed, disappear after some time. stronger thought starts chain process leading to considration, plans, schemes and the 'Action-Plans'. Many long range plans like courses, training, purchase of plots-furniture; take required longer route time frame. It is in fact, transforming the 0—D to 3—D on this Earth. My own earliest flashes about Hair- science are still spreading like Monsoon clouds over past 25 years! Now they have produced large number of children and grand children; in our family language to explain my own riddle. In 2000, I could not think that our hair are our deepest root— fiber up to about 3—Billion life— cells? Oh! Hair transmit invisible Cosmic—Intelligence through back—bone Optic fluid in modren technology language and much more we still do not know? Great !! The subject is so intricate that it really difficult to separate Grain from the chaff. Therefore, repetitions may appear in different chapeters of this book please!

LONG—LONG—Nervous System :—It is now known that our 'Nervous System' Is as long as 6 times the circumference of the Earth or 2,50000 K.M. Long? It does Appear unconvincing? But is is now known to be quite correct! These fibers are very fine invisible whitish webs; yet very strong and almost unbreakable? How this fiber mention has come up! In 1988, a Japenese firm visited my office to demonstrate new item of telephone cables. It was called '**Fiber—Optic**'. Meant for long distance communications! Good. It had 200 fine wires, just in 1cm diameter cable? It could carry scores of messages, in large number on each fiber of Cable but at different 'Frequencies'. Great revolution. But is was very costly then; at Rs. 70,000 per K.M. Today, every

electronic company is laying these cables. Our old telephone cables would be over 6" thick ? Optic fiber can do the same function in Just 3% material ? So, now we can think of 2,50,000 K.M. of nervous system in out 60-75-85 Kg body ! Whole the nervous system may be just one Kg only.

It has been researched that our body has 3-Billion 'LIFE—Cells' i.e. 3,00 Crore cells. Technically it is 'The-ARMY' of the 'Chief—of-the—ARMY STAFF' the great 'B R A I N'. These cells are ever ready to advise the Brain. For every decision at once and the tongue speaks/gives vommands likewise. While doing so the life-cells take in account all over gence, habits, temperaments, aptitudes, dangers, inhibitions, defence and hundreds of our E.Q. Or emotional feature? It is just like our Parliaments debate and decide ; even by voting in micro seconds. But these cells are charged with rising Sun, where hair play their basic role. It is realy fantastic! Actions take place in Micro-NANO seconds in deep layers of subconscious; without our direct or concious knowledge or control !

Question. By Sh Kler : To me it all appears beyond thoughts and understanding?

Writer : Yes, brother, you are quite right! In fact, we are not doing much ourselves! It is all automatic system of simplex-complex 'I.Q.+E.Q.+S.Q.' perfect synchronization. With experience of millions of years. Technically, we operate 90% with E. Q., we can call Emotional -Quotient.

Q. How, I don't follow? We have intelligence, reasoning and jobs to do?

Ans. In the first example is of a Ministry. Clerks, secretaries, experts examine a project for months and the Minister takes a second to say an 'Yes or No'

Secondly, you must have seen two persons quarrelling! Observe their speed of abusing, arms twisting, challenging, defense and tantrums; much before one completes his words! All said and done in a second. Do you think they planned those words! No. So many actions and reflections are involuntary-auto reflex or direct short circuits very difficult to understand.

In third case, let us consider a 100-Meter race just of 10-seconds! It is considered most strenuous race ? All their nerves,

power, strength, emotions, wind, styles of all, track bends, first starting up, arms styles and leaps synchronize? The winner wins by a hundredth of a second. The other comes at second place and is depressed to tears!! Now how tears come for the second; not the First?? Were they ordered to come? No! It is the decision of 'Life Cells-EQ' in a blink at once!!

Q. Yes, now it is clear to some extent. But, how all links with the 'Hair-theory?

Ans. Good! We have traveled to a totally different world of nervous system and Life cell parliament. In fact, we create in the world what ever is built in our body! I am not a doctor but an Electrical-Engineer. What my 3-Billion life cells advise me is that even Optic-Fiber may be Hair in different role of internal system where as hair on the head and body deals with outer world i. e. Sun, climate and space.

Q. Then, what is the linkage of our Hair with the Sun?

Ans. Hair are inert looking but ever active—organism of our total body system. These are active electrically and invisibly. Please remember that electricity happened to be invented by a chance rubbing of a cat-skin-hair with a rod! The hair catch all types of energies from Sun rays like heat, colors, vitamin-D. The Hair also charge our Life-cell Battery to activate our mental and physical motor activity after sunrise. After morning slump, ideas-thought waves storm and we cannot do even Pooja after 8 am. That is why religious sermons start much before the sunrise!

CHAPTER—10

MACRO—MICRO—ATOM—ELECTRICITY—WAVES— FREQUENCY

GENES—D.N.A.—ELEMENTORY ROOTS.....5-5-5-5

In our efforts to understand about our life and our selves, I have briefly touched some broad factors of Creation! The period of 13 b n years of creation, over 4 b n years of the Earth ; our Sun is still burning at fantastic temperature of millions of degrees centigrade ? Is it really so ! oh yes. It appears beyond our I.Q.? But man can comprehend this in his small way, being linked to source. Out long and long journey for down loading from infinite MACRO invisible MICRO i.e. Atom-Gene-D.N.A.; then I.Q. Will Love or Zero....O.....?

From commonsense, Whole has parts and total parts make the Whole? There fore, Macrocosm is a totality of small electric type particles called Atoms. The atom is a charged particles with revolving. Electrons around the Bindu or the Nucleus. This is the MICRO of MACRO and Macro can not be different than Micro and also vice versa ? Great and Good! All stars, planets, moons revolve or roam just like families, groups or tribes, villiages, towns, cities, countries we call galaxies and the distances are incomprehensible. How :

1. Our Moon revolves around the Mother Earth in a cycle of 15 days.
2. Our Earth revolves around it self in 24 hours only, at 1000 km/hour.
3. Then Earth revolves around the SUN in 365 days, over 500 million K.M.
4. The Sun revolves along with a family of 9 sons/daughters in a Milky way.
5. Over all that the Milky-Way revolves also slowly in the vast SPACE?

How strange, fantastic and unbelievable that we are moving at 1000 km per hour with the Earth, moving @15,000 per hour around the Sun or flying in space at tremendous speed or may be

0 time dimension. At this speed we don't even bend or fall from the lap of Mother Earth! When India is on the top. America is at down side. What is all this? In just 400 years, we now know that it is the Earth which revolves around the Sun and not Sun around the Earth as felt. But-lo-no ! Galileo who told this was poisoned to death for telling this truth! From then we have progressed fast even to land on the Moon ; 2,00,000 miles away!

ATOM— Magnetism— Electricity—Frequency : There is magic in the Magnetism which create Electricity by frequency rotation. The unknown power of Magnetism has revolutionized the modern world as electricity can do any technical job process through conversion of electricity in to, motion, heat, cold, light, sound, pressure, photo, X-ray, ECG-EEG-Endoscopy, mobiles, TV and what not in the world of machine age or KAL-YUG in Indian parlance !

GENES— D.N.A.— LIFE - LIBRARY— ROOTS :— the journey of life creation has been a very long- long technical down- loading and expanding show process from 0-D non material to visible 3-D physical material ; active, energy. It is the movement that creates some thing lively and energetic. But nothing on this Earth moves in a straight line? It is a wave. Sine-Wave like serpent motion or harmonic-motion. Frequency of induction heating, micro wave applications is very high or 2,00,000 cycles per second. The controlling factor is the speed of light. How ;

Wave length frequency = Distance Travelled

Say- 2134,2 meters x 10,0000 Hz = 213420 km / second (not exact-only example)

The basics will be :

- i. Low Frequency-FM—Long-Wave hut low frequency/low range.
- ii. Medium Frequency-MW — Medium-Wave and Medium Frequency / range.
- iii. High Frequenvy - SW — Short-Wave but high Frequency, Long range.

Small and medium frequency can not travel long distance, where as high Frequency can reach long great distance. Remember Radio-Ceylon of 1960-80's. It was most popular '25 meter' wave programme tuned all over India in the morning and evening for

old Indian film songs and great 'Binacca'. Wednesday at 8 pm at Short-Wave. It was long distance very clear voice like Moscow-Radio. Today, it is a world-war of millions of frequencies and reserved frequencies bands. What a great invisible science of Communications in Space? For all this, there are Transmitters and receivers and therefore, our 1,00,000 head 'Hair' are also like 'Antenna' doing the similar functions; but very silently and without disturbing us!

Therefore, total communication is the Root-base of life creation. Our oldest link is preserved in the form of DNA and life percentage in the GENES in the form of CENTRAL — Library of 'Fixed- Assets'... Such is Cosmic arrangement that nothing has been left to be forgotten.. What a science of communication and preservation together. Therefore, it also comes out that the Creator has neither concealed nor kept anything with Himself? It is all naked, open, free in a simple and complete form; easily opening out to us and by from our own Briains and 'IQ—EQ—SQ' Synchronous mode, Great !

Hail...O God...Maha-Chohan...Allah..Bhagwan...Rab*

**** Nirankar....Wahe-Guru ****

The Creator created everything from Nirakar—O-D to 3-D 'Aakars'. (Shapes) First He created 1-D like-Light to 2-D Plane to 3-D Space-Earth-Fire; the basic 5—Elements and fourth Dimension; Time! He created 5-Senses i.e. See-Hear-Smell-Touch and Speak. Further, He built in 5-EGO's Kam-Krodh-Lobh-Moh-Ahankar (Libido-Anger-Greed-Attachment-Pride/Ego in our body conscious-subconscious banks!) Then, on the spiritual Plane, there are also 5 Rooms in our heads above the. Third Eye-(**Karam - Khand -Dharam Khand-Gyan Khand, Shram Khand and Sach-Khand (Aanand)**). So, Creator used Science of 5 - considered auspicious in India. He also provided 5-Fingers on hands and Feet.

CHAPTER—11

HAIR-VENTILATION-PERSPIRATION-CLEANING-DIGESTION

Now, after description of Hair basics, theory, cosmic link and root-factors, let us understand the utility, technology and working-science of our hair. After long hair on our heads, let us know the functions and role of small-small hair on our hands, legs, chest, eyes and even backs. There is a hair cell at every 1-2 mm on our bodies and the number goes up to 2,50,000 to over 3,00,000 hair as fixed assets with us! Why we need such a large 'Army of hair? What are they all doing? Are they useful or just superfluous like weed-grass! It is difficult to explain technically. The only example I could search is that of our house-Mandir and high rise building of new era. There is much common features. How :

Our houses, buildings have doors, windows. Have ventilators and chimneys all over. But, the Creator has planned, designed and provided 9-doors-windows and over 3-lac ventilators on our body-House, with hair cell-roots all over ; except palms and feet. Our body, muscles, tissues and skin needs cleaning in a self automatic process to control any choking, like buildings and cities. The science and technology is explained as follows please :

Our body with 50-75-95 Kg weight, 9-doors windows also needs brooming and cleaning but in an auto-technology mode. Every hair has a root-cell called *Papilla*. The Creator has planned and designed our body with doors-windows and ventilators. In fact, we have copied this design while making our houses, buildings, Mandirs, offices, forts and all else? Our body is called '*Nau-Dware-kou-Peenjra*'. All the toxic, salts, poison and undersirable are drained out with perspiration process from the command area of each hair-cell or ventilator of our body. Good! We eat, drink so many things without consideration of good or bad and leave our body-system to do its own job of cleaning. The Creator while giving us full freedom, well knew how much we will misuse it blindly ! So, the toxic liquids are expelled out, through urination and perspiration. In summers, perspiration creates cooling affect

when perspiration evaporates in normal course or wind effect. Some times, sudden wind can create quick shivering in the body. This is but a natural process as we normally work outside our houses where there are no fans of any kind for us !(i)

PERSPIRATION—Ventilation—Brooming—Cooler-A C-'s :

As explained, perspiration has large number of benefits, indicators as follows:

i—Normally, good perspiration indicates good health, good strong body, good muscular structure, shining skin and less disease. Perspiration is greatest natural skin tonic and all our shampoos-tonics-hair treatments are an iota in comparison.

ii—Good perspiration is basic barometer of perfect-body-system. Less fevers, no colds or fatigue, extra stamina and freedom from arthritis, joint pains in older ages.

iii—**Good dark thick Eyebrows :** These eyebrows indicate good digestion, better abdominal metabolism and 'No-Constipation; the 'Mother of ailments' in Indian parlance. Over that, no modern problem of 'stomach to be a 'GAS—Plant'

iv—**Weak-Fine-Brown look hair—specially Ladies :** Such hair in contrast to above ; are sure indicators of weak system, poor digestion, headaches, constipation, fatigue and paleness. There are 80% chances of normal **Arthritis** from the age of 40-years plus. I have seen over ten ladies. When I told them about this, they were shocked and enquired how I happened to know this without knowing them earlier! I just pointed towards their weak-invisible hair on the arms. They asked for the remedy ? My answer was a natural 'No' Why? It is basic body feature- design! Medication may only control it 20-30% but not treat or rectify permanently.(ii)

Question by Sh Kler : I am also in shock! What should we do in such cases?

Ans. : Normally, the designed basic structure/temperament/nervous system is to work in tandem. But precautions in eating habits, control of body fluids, as per tests are good. Exercises to create perspiration, like jogging, brisk walks, hand working habits and YOGA can only help? It need not be warned that medication will only add '**poison-level**' in the body difficult to expel ? I am

not a qualified Doctor ; but can advise following measures as per personal experience :

i—In winters, take one spoon Honey; plus half Lemon in warm water as '**Bed-Tea**'.

ii—In summers, take quarter-Lemon in normal water and Salt; 4-5 times a day to force perspiration in helping climate. Lemon is otherwise good in summers.

iii—CYCLING is the best for children, students, young and office goers. For girls, jumping with a cord is good.

Advice..... Leave Scooters- Cars for 4-5-6 km distance. You will be safer in old age ! Further, the use of AC's will '**JAM**' hair cells to '**DAMAGE**' your health?

iv—For house ladies, washing clothes with hands, sit-stand jobs ; as in villages; are natural outlets. We are designed to walk 15-20 km and 7-9 hours of work every day.

Q. Sh. Kler : Good, very good ! We have forgotten the naturals after becoming Officers. What benefits are expected from the above preventive measures?

Writer : Well, constipation, headache, gas problem will be controlled. Joint pains will be delayed by a few years and old age will be less tormenting. To copy western cool effects blindly will surely create serious health problems in hot India. **warning** ?

Sh Kler : Oh ! Good ! So, it is all in the hair department : least known to us ?

Writer : Yes, quite correct to feel so ! It is going to be very important by 2050. With revolutionary progress in medicals, testing, allergic atmosphere : hair will come to help when other systems will not work ? Doctors will trace out real problems by testing the parameters of hair just like sugar levels, blood tests, uric acid, ECG-EEG-Cat scans and so many other tests. Hair tests will take in to account our habits. Gene culture, body parameters and much more unthinkable? So, let us now go ahead with the main chapter :

Excessive long looking, darker, thicker hair on arms and legs indicate extra stamina and physical prowess. These make strong sports persons, players, martial and trekkers, even if the persons are of slim built. (S Milkha Singh, Olympian). Dark hair on men's chests mean manliness strong fists-muscles and aggressive.

Similarly, hair on the backs of men are rare and can be gift of genes from parental generations. These are also indicators of special body strength even in a normal looking body and is deceptive for opponents in competitions, games or even fights; when such person puts down the opponent in a tiff. (It has been researched now that, young ladies are attracted by such manly hair and smells of Perspiration) The problem is that, hair need lot more research to link our body features, habits, temperaments, nature, anger, depressions and lot of useful and reliable information.

HAIR and SPORTS : Man and sporting is as old as the man : as sports are directly linked with body structure, health, digestion, stamina prowess and these are further linked with the self security capabilities. Sports, health and strength are synonymous. Good health means good perspiration and perspiration comes through hard work, labour, sports and good Hair. Look at the runners, football, hockey or lawn tennis players ; how much they are drenched with their perspiration. Sports are essential for all above 7 years age, just for good health and disease control.

OLD SPORTS : In old times the sports were very tough. Wrestling, racing, sword fighting, Javellion, swimming, weight lifting and horse/ chariot racing were directly linked with fighting battles for self, security of family and the country. Survival was quite a difficult thing in those days ? So, to be strong with frugal foods available, sports were the essential activity to perspire through 2,00,000 body HAIR or the ventilators of the body. Men kept full hair, moustache and beards as a stamp of their competency. This helps the body limbs, muscles to develop fully and gain strength. Strong men got service as soldiers and weak were left out. There is no other way to get strong fighting skills, except by sports.

PRESENT SPORTS : With the coming of guns and pistols, the security has greatly changed from sword to gun wielding. Even ladies who badly needed men for security, now go easy, as security risks are reduced. The approach to sports has changed from essential activity to formal medal winning exercise. Many light sports like jumps, pistol shooting have appeared. Now men do not earn body shapes as earlier periods. Still, sports are much better for hair health, body well being and power.

HAIR-PLAYERS : A player must good hair for strength

and longer stamina. Good Hair are natural gift for the players. I have watched the sports for long years and observed that players with good hair had much longer stamina and less fatigue than those with less hair. The latest example is that of Mohinder Singh **DHONI** : the cricket player from a most backward state of Jhar-Khand. He is wicket keeper and great batting wizard too. His long locks of hair has become great attraction the world over. He strikes Fours and 'SIXERS' at case on all types of difficult balls. He has gained first position for batting in one day matches in the world ; in just 16 months of coming to the Indian team. He earned great praise from the Pakistan President Mussarff for his attractive hair. He has advised him not to cut them ? News paper even compared his hair with that of Samson, invincible. Hair do speak loudly. ..Ref.....(iii)

Serena Williams, Sarapova, Sania Mirza, Rahul Dravid, Nadal, Beckham, and more players have very good hair health needed for stamina and strength for tough game of Lawn Tennis. I give credit to Sania Mirza for her stamina and success to her dense hair and her health problems to her softer-flesh-body structure.

SWEAT—PERSPIRATION—HAIR ROLE : The hair act as broom for cleaning the sweat from the body limbs, specially in summers and humid rainy seasons. They make a cushion between the body and clothes on the body from sticking to the body. They help to drain away water on the body-skin after bath. They also help in evaporation of sweat and create cooling on the body in summers. Farmers who have to work hard to profuse-sweating ; make use of cooling their bodies by sitting and removing their clothes to let wind fanning with hair to create cooling to forget the hard work done and the fatigue of work ?

Excretions—extracting—POISON Affinity of HAIR : This is probably the greatest role of hair to create secretions of pigments, sebum and other catalyst chemicals required for chemical reaction of Ultra-Violet rays for the manufacturing of vitamin-D for body use. They keep FD in hair bank and pass on interest of vitamin-D to the body on daily basis. GOOD !

The hair are great POISON absorbers from any where in the body. The keratin on the hair has magnetic affinity for poisons like drugs and **ARSENIC**. They, in fact pull out poisons to save

our body from dangers and fall before anything happens to the body. Only hair can detect slow poisoning as happened in the case of Napoleon In 1821 and King George Fedrick of England of 18th century.

HAIR and METALS : Hair have affinity for heavy metals and this may explain the wire like structure and strength ; which can pull an Aero plane?

Zinc—Zinc is well concentrated in the hair and gives it the shine Lusture and smoothness.

Iron—Iron is also basic in the hair, which given it the copper or red shade.

Lead—Lead is the property of hair and appears to impart it the flexibility and softness. The lead in the hair help the body during serious ailments.

Selenium—Selenium is an after effect of poisoning when it appears in the hair?

Heavy and Rare Metals—Rare metals like gold, thatium, mercury are found in hair in very small measures as there are very less in out foods ? The metals are very inportant and act as Gold FD's in the banks. They are utilized in case of severe fevers, typhoid, bleeding or attacks?

HAIR and OBESITY : Strangely; **Obesity** is directly related with reduction of HAIR. Loss of hair reduce metabolism and help in FAT accumulation ; risky for Mothers, Less the hair, more the FAT—??

It is observed that obese persons have less hair ? The root factor is that with less hair, shaved hair ; the formation of vitamin-D drastically reduces phoshorous content which affects the metabolism and deposits FAT in the body. With work culture changing to sitting jobs, shops, Computer culture. BPO plus daily shaving, and ladies spending more time in Hair trimming parlours than kitchens ; have produced 37% **obese** women and 30% fat men in India in 20 years. We have **pompkin-health?** Expectant **obese mothers** can face labour risks, difficulties, pains-complications - Caesareans, infections, clotting etc. (Tribune- 1st Nov-06)

TECHNOLOGY of PERSPIRATION : The science and

technology of hair is a very micro process of the body science. It can be compared with the water drainage of bulidings from thousands of bathroom, kitchen sumps, water pipes, man holes, street drains, road drains, nullas, sewerages and storm. We have not invented or discovered or designed anything new, as every thing is in our body self as even confirmed in SGGS of P-1037. Therefore there are no INVENTIONS; but only discoveries ? ***“Jo Brahmandey, Soyee Pindey Jo Khojey So Paye”*** Means whatever is in cosmos is inbuilt in our body system.

The hair are fed by many types of foods through secretions, energy elements, metals, sulphur, chromium, zinc, phosphorous, 80% Nitrogen + Carbon + hydrogen. Liquid foods, melanin, keratin, sebum, subaceous lubrication, grandular secretions. Endocene glands for all round health, colour, shining and lusture of hair. The hair on their part help in perspiration process to eliminate, extract, transport the perspiration, toxic secretions and undesirable excretions like the drainage system of city, which is our body-city? This is micro science as the perspiration is a slow process with average of about 200-250-300 cc in the whole day. To compensate, we have to drink lot of water in summers. There fore, perspiration is directly linked with, health parameters, clean body system, and disease in case of less or no perspiration and will be given in details in the coming chapters. The perspiration depends on so many factors like :

1. Air temperature, heat effects and Sun effects of latitude and angle of rays. In tropical contries like India, Burma, Malasia, middle Africa, Mexio and Brazil, California, Perspiration starts after 37-40 C in dry seasons.

2. Humidity creates heavy perspiration, even at 33-35 C becoming choking at 38°C like Bombay-Lagos-Chandigarh and Delhi in July.

3. Low air pressure creates quick sweating like May days in India, Arabs and Australia. Low pressure creates perspiration by pulling or extracting water from sweat glands. But it also dries quickly to create cooling effect on the body. Hard work, labour, hand working, running, jogging people perspire even in winters, Labour and hard work is respected as real and 100% pure wages.

SWEAT GLANDS : The Creater has provided outlet for

perspiration through specially designed "Sweat Glands" under the outer skin called —'Epidermis' these resemble a broken reverse question mark or a serpent caught by tail with head curved upwards. The carrier is 99% water with saltish contents, uric acid, alkaline chemicals phenol; which make it heavier like sea water with specific gravity of 1005 -1006. All these give it a saltish- bitter and typical taste and odour. More thickness may indicate toxic body fit for problems and diseases and side effects..(\$-Dr. Chanda Singh book 'Hair and Health'..1956)

The other contents can be toxic foods, spices, coffee, drinking smell and even fishy smell in rare cases ; when it becomes repulsive to stand near the person? *Therefore, hair are great cleaners of body. They help extraction of body fluids and push through urinary tract?*

Perspiration is so important that 3,00,000 hair and sweat glands have been posted on the body to keep it fit ,healthy , disease free,shining, sturdy and strong enough to face the challenges ,problems and responsibilities of life successfully.

It is like 100 storey multi-plex TOWER with thousands of doors windows, coolers and AC's; To make it worth human living with, lifts, ramps, gallaries to transport activity of life in the vast building.

CHAPTER—12

HAIR—STRUCTURE—ELEMENTS—METALS— POISONS

Now, welcome to the basic physical structure, formation, growth of hair on our body physical. To understand any item in this modern world, we have to know its physical formation, contents, qualities and so many other information. Hair grow at every 1-2, 3 mm of space on the body. Hair also, grow, decay, break and fall with time. Any thing which grows has root, food-life juice to grow and sustain in life ! Therefore, hair also have invisible roots, as shown in the sketch. (See figure)

There are hair root called Bulb or Papilla. To see it you please uproot a small grass. You will see a white or brownish root bulb from which the grass has grown. This is exact replica of hair Papilla considering the grass as a 'Hair'. The new hair is named 'Foilecile' and 5 hair can grow and the 6th is just a resting hair. The first initial hair is called '**Anagen**' and grows slowly @ just half inch in a month. They can stop after 2-3-5-6 years in the second stage ? Then, in the third stage, new real Hair called TELOGEN, grow separately from the papilla. Hair get their black-auburn-brown Golden colours from the 'Pigment' as follows:

- * Eumelanin..... Black-Brown, Auburn hair.
- * Melanocytes..... Grey-hair
- * Pheomelanin..... Golden-Blonde hair.
- * The thickness or Dia of baby-hair is only 0.007 mm, man's head hair 0.05— 0.1 mm.(See sketch)

Women hair 0.1— .15mm and men beard 0.2 mm or more.

There are very fine invisible hair on new born and is termed as 'Fuzz', body hair is 'Vellus'.

The most important technical function of the hair is the Perspiration technology. For anything to be carried out, some transport agency is required like cleaning of choked drains. By throwing of water for their cleaning. Similarly, water in the form of perspiration, acts as transporter of salts, toxic materials, poisons in the perspiration through hair cells. This perspiration is a

saltry, slightly bitter tasting liquid. To make up the loss of body liquid, we have to drink water again and again other wise dehydration can occur.

Que. : What type of elements and metals are there in the HAIR?

Ans. Hair are combination of rare metals and basic elements, Oxygen+Carbon makes 80%. Nitrogen + Hydrogen is 15%. Then there is Calcium + Sulphur and Phosphorous in small measures. Stenchy smell of burning hair is that of sulphur and phosphorous. With oxygen and these two, hair burn very very quickly. There are some rare Metals in the head hair like Chromium, Zinc. These are very useful in severe illness like Typhoid, the hair can soak such metals from the body like a F.D. in the Banks and release in emergencies to sustain life for some days. More over, head hair can suck poisons from the body to reduce risk for some safe period. Poisoning of Napoleon Bonapart was proved long after his death by testing of his fallen hair (slow poison side effect) collected by his friends as relic ! Further, it is now known that hair absorb Solar radiation, Vitamin-D and also act as **Battery-Charger** for our Body-Car Engine. Good; now we can know such things by scientific research. Evidently, many more things will reveal in the future !

Que. : What about perspiration in the head, hands and feet?

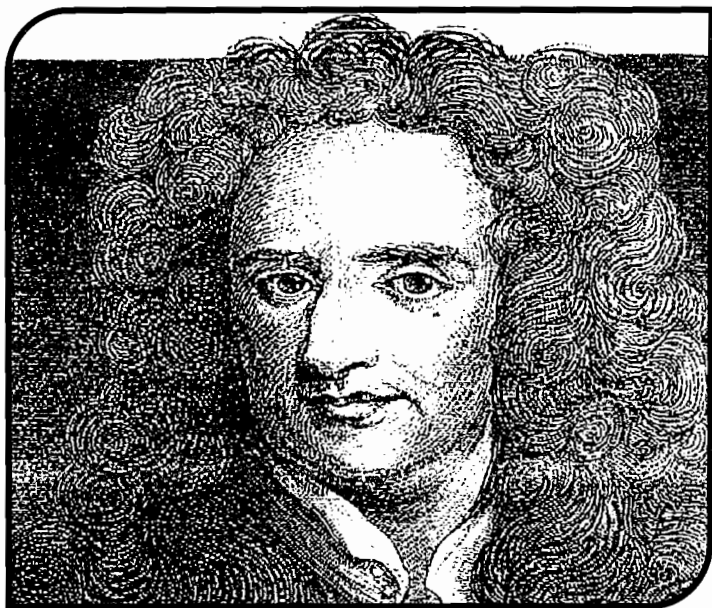
Ans. Well, head perspiration is also good as it keeps the head, brain cells in order and efficient. My own head perspires profusely after playing two games of Badminton in summers. It is 'Drenched'. Normal perspiration on hands and feet are also all right but excessive oozing is not desirable please....

Special : As we go on researching, new features of hair will go on emerging. Since the hair are inert looking, non-moving part of our bodies, they are difficult to analyze like bones, muscles, arms, legs, heart, liver and all other parts. They speak only through tests ! Some very special features are given as follows :

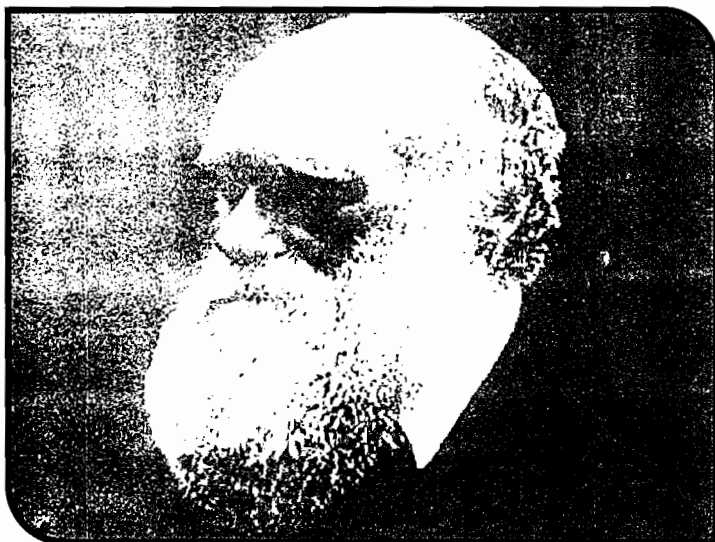
1. Hair is the only part of our body assets which do not perish for millions of years. They are not affected by water, earth, salts in the soil except fire which burns them at once. Hair of the '**Mammoth**' which roamed on Earth over 60 million years ago, were found by chance. Their thick bones were decayed, but



Old Painting of Tagore by the author with Long-wide-poetic
hair waves like Ganges, with long reach up to Nobel Prize for
Poetry (Ch-2-6)



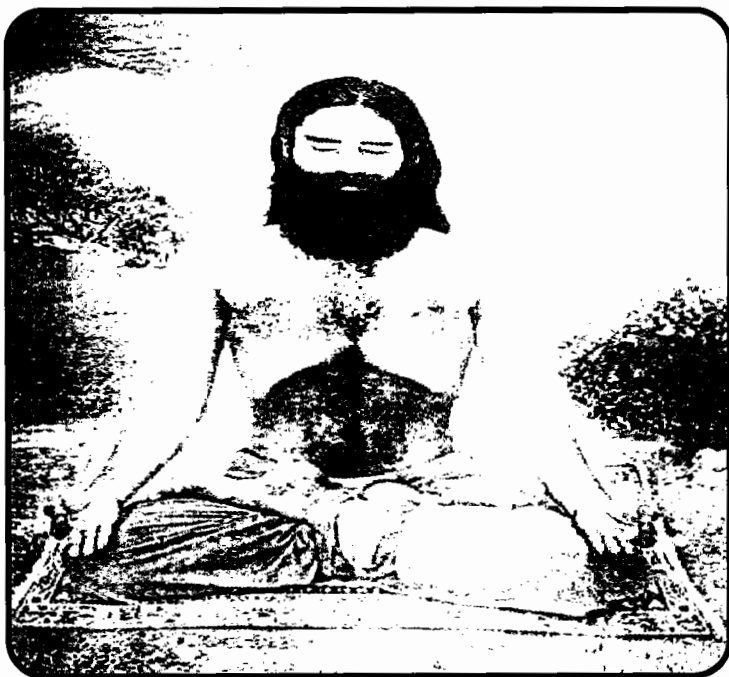
Newton's spiral hair like Cosmos, bless him cosmic-inventor intelligence (Ch-28)



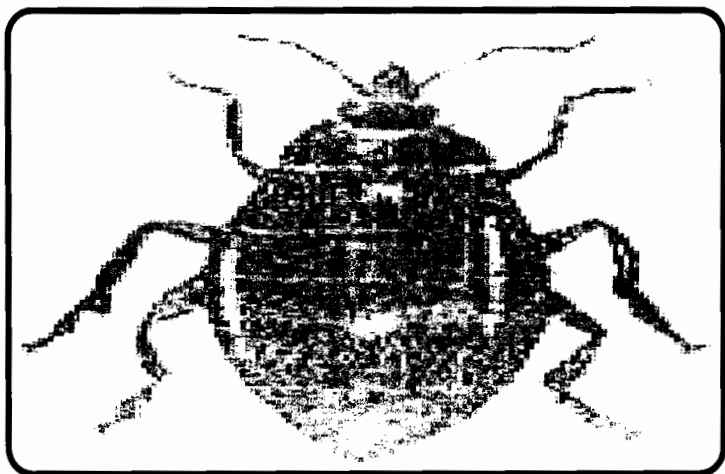
Darwin's gross thick beard ; super sensing reach to theroy of evolution (Ch-17-28)



18th Century lady with long-thick-gross-curly hair. High energy-
women power-good wife and Mother (Ch-12-16)



Ramdev with unshorn Yogic hair-Power-Stamina-
"Yoga Powers" (Ch-16-17-28)



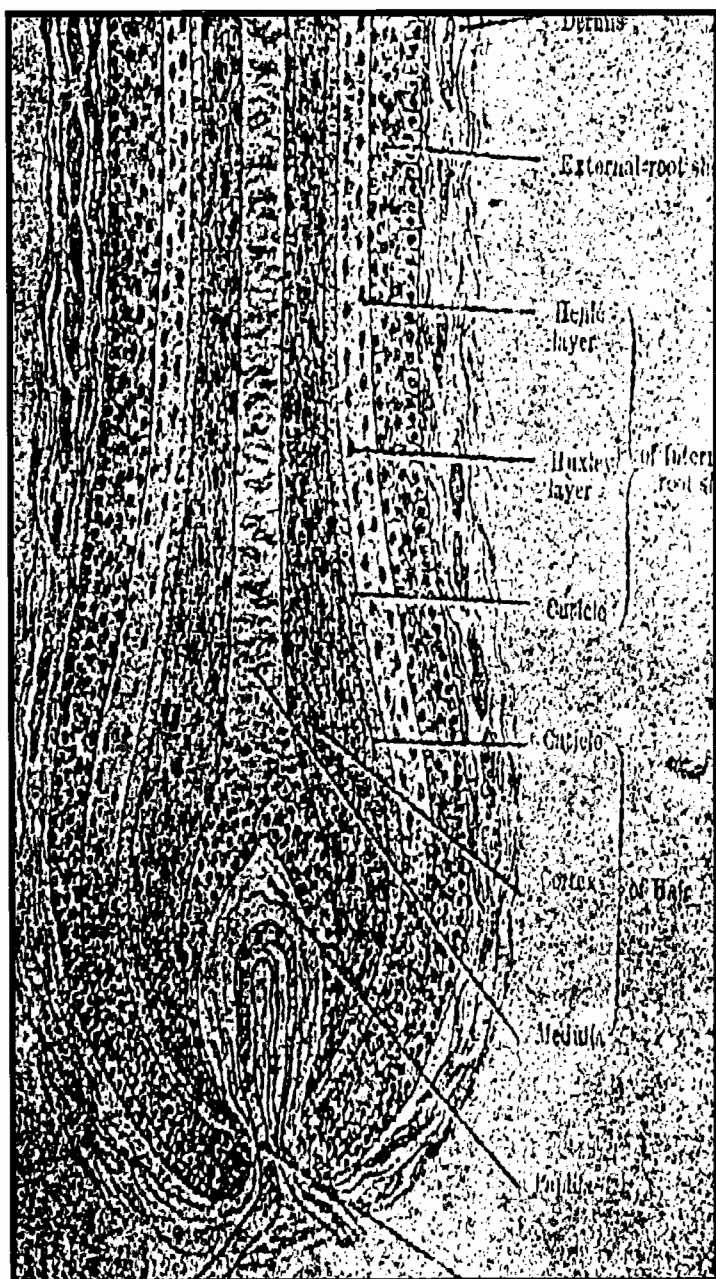
Insects have 2-4-6-8 hair antennae for communication
/ defense system



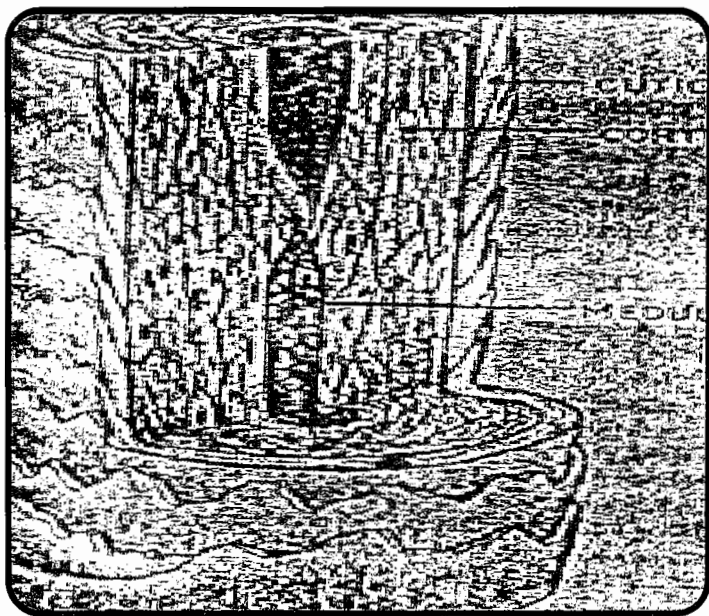
Parmahans Yoganand, Indian Spiritual Sage with long artistic wavy, hair format. He expressed that there is electricity in our system in 1940. AD (Ch-6-16)



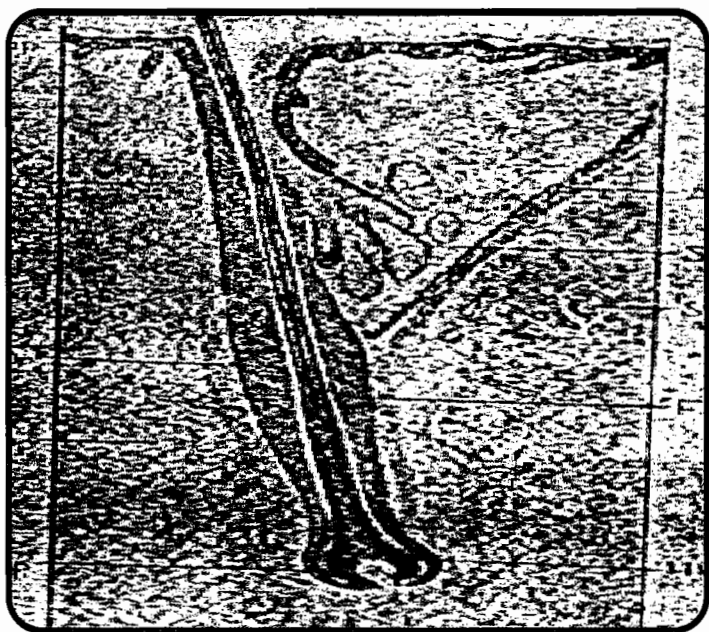
Sadhu displaying five feet long matted hair format at Ganges bank. (Ch-24-28)



Seven layer structure of Hair



Hair Cross section



Bulb-pupilla design / structure of hair (Ch-12)



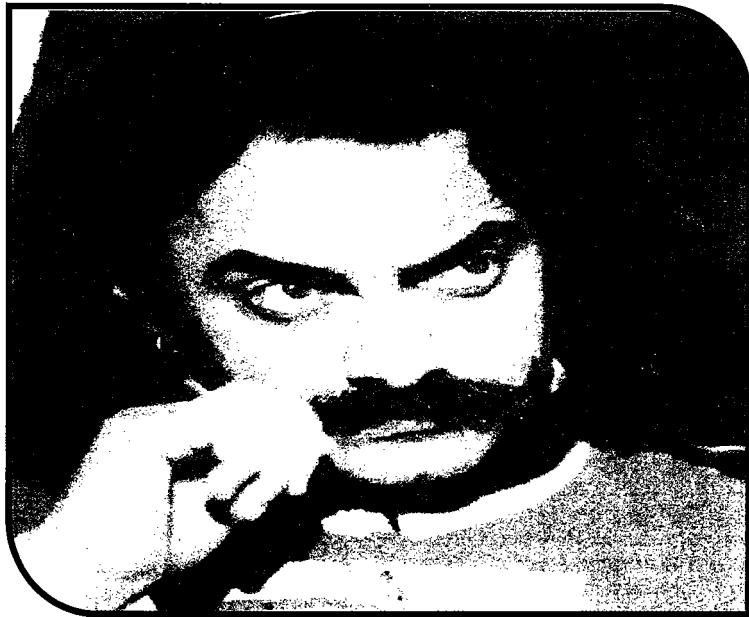
Sunita William with long-thick-heavy hair format. I did forecast she would accomplish the space-mission; which she did with a record (Ch-1-20)



Baba Santa Claus with white-whole hair known the world over (Even a child with hair adorn Santa Claus look) : (Ch-17-27)



AP J Kalam steel look firm artistic - Presidence's hair special
(Ch-14-28)



Hair Format - style created character of **Mangal - Pandey** out
of Amir Khan actor Bollywood (Ch-24-28)



Steffi-graff steel look sports hair with super-Energy-stamina
with world records in Lawn tennis (Ch-16)



Chinese girls displaying over six feet Long Hair-formats by
standing on 2' feet Tables-Real Longest Hair.



Ruby Dhalla (From Punjab-India) with Long-gross-wide hair powered format. Feminine power-hair-crown asset that made her MP in Canada (Ch-12-21-28)



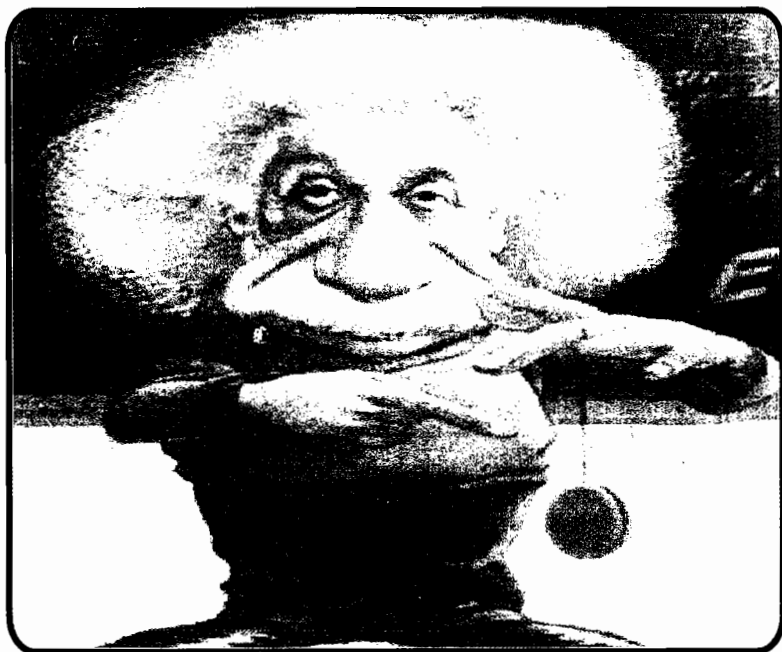
Shanaz Hussian (Indian) Hair expert with huge-hair-gross black-thick format international success in Hair-Styles Treatments (Ch-16-19-32)



Electrically charged erected hair of a girl with generator voltage
proves Electricity in hair (Ch-10-12-30)



Gorilla with half million hair format of Power, health strength. Hiar
Cover as bed-sheet blanket in cold etc (Ch-5-12-13)



Einstein-cosmic-glow hair like cosmic aura : (Ch-17-20-28)



First Turban-Sikh Soldier in Pakistan army : (Ch-17-21-28)



Rajasthani Indian with long-and strong moustache proud and confident of his manly powers (Ch-3-15)



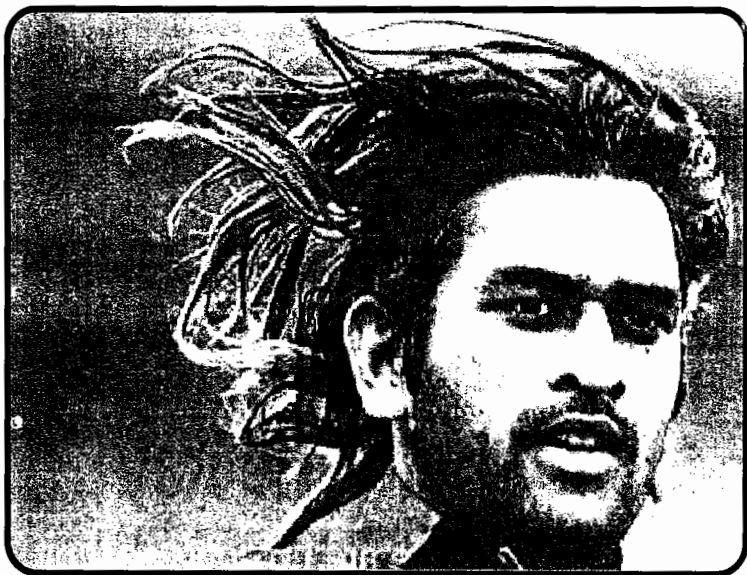
Napoleon died due to slow poisoning had falling hair before death in 1821 AD ; proved poisoning, by hair test in 1961-140 Years later. (Introduction-Ch-16-11)



Britney, the Hollywood actress had her head hair sold for 1.7 million dollars-Great hair price record (Ch-7)



Lincoln beard that made him look better and win Presidential Election of America. Great President (Ch-17-28)
(As advised by a girl Lincoln kept Beard)



Dhoni's bunched flying head hair locks strength attracted world attention for his fours / sixers in cricket. His quick rise to captain in 2 years (President - Mussharafh advised him not to cut his locks)
(Ch-1-11)

not the hair. This was a surprise boon to the anthropologists who made the sketch by D.N.A. of the hair. Today, if hair of our grand parents of 45 generations earlier are found, the DNA will match with our DNA. The hair is only F.D. with us, rest all perishes.

2. Hair are banks of metals, vitamin-D, which is least available except from Sun light. These are very precious in severe illness and not much found in the body. These FD's can save us for 4-6 days, by which time treatments can initiate improvement and we go out of danger of life. Great ! How many arrangements have been designed by the Creator.

3. **Latent Science of MALE-FEMALE Attraction** : The attraction between the male -female animals, birds and human beings is a great science of nature. It is a secret till recently. Now it must be surprising to learn that the hair and perspiration are basic root of this science ! Where as females are directly attracted for a perspiring male, it's smell/flavour, chest hair ; the males are swept by full, longish, wavy hair of women, in electronic silent—waves. Many animals, birds show off/display their plumes, tails by dances etc. Reaction tests by soaking pads in the arm-pits of men, revealed fantastic reaction from sampled ladies. So, hair must be playing great role in day to day behaviour of married couples and man woman every where. ...Ref...(i)

Shortly, hair will play great role in match making instead of Astrology in India.

4. **Treatment of DRUGS, Poisoning, Drinking Problems** : The day is not far off when Hair will be playing basic role in the treatments of druggist, drinkers and poison cases by hair tests, new symptoms, personal culture and poison levels. The Treatments will become more specific, pointed and less harmful.

ANATOMY – TECHNOLOGY OF HAIR : The anatomy and technology of hair is very complex and micro fined like the hair-shaft itself which are very fine, unique and even strange in creatures and human beings. Our skull size of hardly 13 “ x 10 “ grow between a hundred thousand to 1,30,000 hair or like a sieve of 1000 per square inch. Can we with all our mechanical instruments; drill, fix and create the bulbs and papills for each wire like hair on the skull ? Looks impossible ? The hair get food

for growth, pigment and colours through micro veins, roots and complex mechanism of energy absorption from body and Sun...(ii)

1. How the complicated root design of bulb, papilla physics, mechanics, chemistry secretions, sebaceous materials, pigment formation and distribution takes place in a factory of only 1/30 inch ? Hair producing, mixing materials, transporation to the hair to grow, elongate, make twists and curves; is a great mastery of the great CREATOR ENGINEER ! The hair are termed as clinically dead material, is therefore, not understood as they take food, grow, change colours and grey with time and age. Early greying is a highly scientific indication of the whole body system.

2. The hair grow to form shapes, contours, crinkles, long or short waves, whirls and artistic shapes which contain dictionary of the human characteristics, nature, anger levels, digestion, health parameters, stamina, body potentials, disease root factors, vitality, mental stress and strains in the micro-film C.D.'s of hair format and maintained for ever as a permanent X-RAY record of the body parameters. Here comes the utility and usefulness of the hair as our record-library for ever and even after death, for millions of years to come ? This vast field has not been utilized for our benefit and this is the very purpose of writing of this book; though late by five years due to initial reluctance please.

3. I have developed study, analysis and reading about 50 basic parameters in past 30 years through studies and observations. Study of about 150 school students revealed poor digestion of 40% students, poor mental coordination of memory for studies, poor concentration, low potential and energy. Poor perspiration ; indicating constipation, joint pains, paleness-low HB and so many other features. The mothers of the students admitted and asked for remedies. I advised exercise, cycling, playing games ; lemon and honey as bed tea and eating fruits and salad mixture at 5 pm after the these exercise. Improvements were noted within two months and mothers thanked me for the studies and advices. All this needs to be introduced in all the schools of India for the formation years to lay the foundation of good mind-brain in the healthy, whole some and stout body or ...

'Sound Soft-ware in good health Hard-ware'

(Brain-body system). This study is called "POWER-CHART

and LIFE-POWER-TRACK” or **‘HAIRO-SCOPE’** Which I consider far better than costly Astrological ‘Horo-Scopes’ kept by mothers wrapped in silky clothes. Hair speak the truth and nothing but TRUTH ; where as even minor mistake in horoscopes can make controversial forecasts to create problems and tensions in the family.

4. HAIR-GROWTH : The primary hair on the bodies of babies is termed as ‘VELLUS’. After 4-5 months the lanugo appear in place of vellus. As the child grows, the hair become coarser, longer and forming shapes and curve format.

The hair become harder, blacker near puberty with hair on the eye brows, beard, nose and vital organs indicating increasing sexual powers as the hair are basically linked with life creation and sexuality in men and women. The adult powers are directly proportional to the hair health, length, pigment and dark colours, waves and whirls. Men are attracted by dark hair of Ladies.

5. Good hair means good diet, stout health and strong off-springs and children and can play back ground direction in matrimonial psychology and match fixing in a quick, impulsive-auto-mode final clinch, specially in favour of the girls, even if they may not be very beautiful. Good ! The length of hair in men can be 25-30 inches. In women this goes to 25-35-40 inches and even over 50 inches down to back of knees. Such ladies generally get married at an early age as per potentiality to biological nature and inbuilt attractive Power as a very good mother.

6. COLOUR TECHNOLOGY OF HAIR : Now we come to a very important feature or the colour of the hair, which make different reading about the person. The colour of the hair is attributed to the **‘pigment’ element** in the HAIR. This is complex chemistry of pigmentation process of primary basics of Melanin...-Carotin-melanoids; which are produced in the layers of the Epidermic and follicle-roots from where the hair grow. As the hair grow, the pigment adds to adorn the hair with typical colour as per the structure of the person i.e. black, brown, auburn, silky, and mix of all these to make typical hair - format for the personality of that man or woman. Great ! Truth is that Hair and Nose of every person is different. (Ref. Dr. Chanda Singh)

The Sun ray of seven colours also provide the hair with sun

effects, shine, luster and reflections. The melanin acts as an agent to absorb and assimilate the ultra-violet ray of the Violet spectrum. In fact, hair act as Solar cooker - roof glass ray absorber and pass on the Sun - Energy to the hair and the body in the form of vitamin-D ; so essential feed for the growth, health and power-energy in the body to work ! This is the Sun-chemistry-technology of the hair format, very important for the women in pregnancy, child birth and the lactation in the indoor life as per design of the Creator or other wise the mothers would have been drained of the life energy in the *responsibilities of child bearing, burden of lactation for 8 month and child carrying.*(iii)

'MOTHERHOOD' and humans would have been long EXTINCT from this 'Planet-Earth'

This is very much is nature for the creation of life Energy from the very creator of life that is 'SUN-POWER' The vegetation, jungles draw the life giving energy from the Sun through leaves format through the chemical agent of Chlorophyle the green agent. The plants produce oxygen element for the whole world and humans as FD's in the UNIVERSAL Bank of Nature on this 'Mother-Earth' and without oxygen life could not even take a start from single cell-life.

This is quite a complex mechanism of the nature to extract life energy from all the natural sources in micro chemistry of extraction, transmission and distribution to the parts of the body for growth, fighting powers, security of internal sciences we read in books. In fact all the doctors, engineers, mechanics, repair labourers, welders., all types of meters like water meters, Energy meters, barometers, ECG, EEG, sugar meters, Uric-acid testers, BLOOD CELL counters, operators, menders helpers, Emergency staff, secretaries, clerks, dispatchers, Couriers and wireless services are posted inside the body in proper compartments and service centers on all time duty to operate the alarms bells.

SGGS confirms "*Jo Brahmandey Soyee PINDELY-Jo Khoje so PAYEY*" *Means—WHOLE COSMOS FUNCTIONS in our BODY ; who so ever wants to find or achieve should search within and he will find everything ; including GOD there in.*

To elaborate it is explained that TV is in our EYES, telephone in our Ears ; FOUR STROKE engine of CARS is in our

HEART ; all chemistry in our liver and gland secretions are like Solvent Plants and so on please ? Now see, how great is *SO-LAR-COOKER-CONVERTER* is in our Hair-Format. Further, the blood has two types of CELLS. RED-Cells and WHITE-Cells. In case of any cut, damage or BEE sting ; BLOOD stream runs fast to meet to emergency (like our Hospital-Emergency). Then just near the wound, White-cell and Red-cell divide in the TWO routes. The White-Cell is INFANTRY to fight the attackers where as the red cells start REPAIR-JOB side by side to heal the wound like Red-cross.(iv)

The World-War goes on till our White-Cells win over the foreign body-attractors. In this world-War, hundreds of millions Whit-Cells die as Soliders ; simply to save a small wound ? The RED cells have repaired and sealed the wound in the mean time so as priceless BLOOD is not wasted Great econominics.

CHAPTER—13

HAIR- CHARACTER- HABITS -IQ.... EQ.... SQ- FORENSICS

HAIR is in fact, sum total of our cosmic, Physical + Mental +Spiritual features which define our personality, habits, character, behaviour and all else ! Hair do help us in finding these from various angles given as follows :

1. Steady- reliable-sincere-dependable : Such persons have thick, straight and longish hair on the head, long waves and equal left right falls. The hair are dark, shining, smooth and with good uniform fore head line. A receding fore head in males is good; where as in females, a half -Moon fore-head is a requirement and is best. The Creater has already blessed dark and long hair as most precious property; which the ladies are proud of and are maximum careful about their hair property.

2. Social-mixing-interactive-coordinative : Such persons are well known from their longer head hair, bunching, open waves, flowing like river water, falling left- right. Such hair move side ways with head movements while talking. Such persons keep long hair unconsciously. they respect the hair religiously.

In case of women, girls and actresses, such hair are treasure boon! They are strength of women, social bondage in the family and wider social circle. Ladies with longish waves-curly like sea waves, are bank of positive faculties, behaviour and benevolence with seniors and equals. They make best 'Mothers' and Grand Mothers and have great respect in the society as wiser and advisor of wisdom in social circles.

3. Sharp-Intelligent-Quick-reflexes-Chirpy-Debaters : Then there is the general category with medium length, plastic, fine, curly or even springy hair. They are generally intelligent, quick to react, chirpy and debaters or even aggressive to express their emotions non-stop! They are quick engagers and debaters? So, they are literates, advocates, teachers, writers, poets, artists and speakers.

In case of ladies, it is slightly problematic heritage? Such

ladies over express, argument and some times talk unnecessary to situations! They can create quick-problems for themselves and relatives. Today's mega-Serials are scripted for them. They add spice even in the dull situations. After 10-minutes, their appearance is very naturally expected! They are the 'Mirch—Masala' of social fabric in India.

4. Introvert—obsessed—Seft centered—Selfish : Now we come to a typical category of self styled persons who only think in their terms and purpose. Their traits belong to thick, light, puffy, twisted, spiral or disorderly hair look? They only think about their interests. They express non committal, curt and are quick to put the ball in your house. They can use foul or fair ways to grind their own axe. They can justify their gain, even by the formula of 'Heads I win- Tails you loose.'

5. SUPER—Sharp—Clever—Shifting—Stinging : This category is most witty to deal with. They are super intelligewnt persons with brown-brown-grey hair, normally having light brown with brown eyes and multi shades. They are generally, clever, suspenseful, witty-talkers and easily recognized. They are good excuse makers, unreliable and to be dealt carefully. But this is less applicable to the Europeans, where their shades are genetic-climatic and a normal feature like natural dark black of south Indian ladies. However, extra brown-blonde hair have similar habits. 'Europeans Blonde' ladies are super-beauties; but well known for unstable and frisky nature! Their relations change like Moon. (I beg Pardon for telling the Truth.)

Que. : How.....? Is it really and scientifically correct ?

Ans. Yes Sir, it is very much correct. Our Hair colour has direct link with SUN. The hair catch Sun-rays energy which effects the hair colour as well power of procreation. Therefore, in hot countries, the normal colour of hair is Black and with traveling northern Latitudes, the pigment changes to brown-auburn to white of Scandinavian countries! Also, the pupulation, birth rate falls quickly. The 'Girls and women have very 'Long-White' hair, the sign of physical strength. This makes them wining 'sports persons-best Gymnasts' of the World.

(\$-Dr Chanda Singh book 'Hair and Health'.. 1956, -Ch.6-)

Que. Yes, it appears quite in order. But, what about 'Springy-hair' of Africans?

Ans. As, explained above, these are also special-genetic aspect of Africans. But this is also a science of Sun-Power! Africa has extra continuous Sun exposure with temperatures of 50-55-60 centigrade, as Equator passes in heart of Africa. Therefore, the nature has designed such RING -Hair that can reflect heat from the head-round plus ring reflect heat 'Disc like Surface'. This is also hereditary Gene-DNA typical feature as per need of the climate.

BAD-CHARACTERS-Thieves-Cheats-Killers : It may be slightly difficult to relate hair with bad characters directly? Hair have large faculties, where as, bad characters are single purpose persons. But broad spectrums are easy to identify on the basis of this factor itself. These persons have erect-straight hair indicating use of energy in singular direction. The secretive nature like thieves, killers, lifters and ransom seekers will have short, sticky, fix-look hair and normally keep them small cut pressed look? (may be to avoid being caught). These hair are silent looking, non reflectors; unlike flowing-wavy hair. Such hair do indicate reserved, self centered, close circuit eddy thoughts and secretive personality. Our faculties can easily recognize such persons from appearance, looks posture and gait and easily express that the person has unusual look.

Even in business and government there are similar, but intelligent persons at high positions ; who befool the system in a master-mind style and scandals are the proof. Film hair make-up artists are quite expert and do hair make-ups perfect to rules. They can make a villain of a very good gentle actor by hair-designs and shapes.

HAIR and FORENSIC SCIENCE : Hair have to play most important role in the modern world of criminally, kidnapping, killing for greed, revengeful activities and all else. In many cases, the criminal gets away without required proof and links for punishment. It has now been found out that the hair absorb the fear, trauma or high stress that occurred during the extreme types of crimes. The criminals will evade investigations by clever and tactful intelligence. But, tests on the hair will indicate the recording

of changes in the texture of trauma traces which will confirm that the crime was really done by him. This is just like DNA tests of hair which have broken barriers in scientific world ; when other methods fail. The hair tests are already making great news in the medical. Investigations, difficult and complicated cases. This will be a boon to the investigating agencies of the world and great breakthrough in medicinal—criminology. Further, these effects appear at the root of the hair at the time of action. These symptoms start growing with hair with time. The hair grow about 4 cm in a month. Therefore, if the traces of trauma have gone up to 12 cm, it tells that the crime was committed 3 months earlier. This simply confirms to fix the proof against the criminal. GREAT-HAIR. (This may be the reason for criminals to keep short cut-trimmed fixed look hair unknowingly or unconsciously) ...Ref..(i)

Therefore, the HAIR will do help in the difficult and impossible cases and shall be going long way to perform their secret duties quite silently; without telling their own master body. Spiritually, they will not agree with their own master for doing heinous crime and stand as strongest witness against him. So, let us thank the hair for doing great spritual duty towards man kind by secretly telling the truth. This brings out another great research point that the poor HAIR do not and can not tell wrong in the courts ; like other witnesses, who speak 'lies' on oath. Therefore the HAIR are really 'GOD'S- AMBASSADORS' with our body. This rare point is so scientifically proved beyond any doubt or question please.

Que. Are there say extra-ordinary hair or special hair also?

Ans. Yes, there are extra ordinary hair, but with persons of special features! Samson had such head hair as would give him super powers after they grew beyond a certain height of about two inches and could not be defeated. So the king contrived with his beloved, Delilah, to cut his hair by deceit and he was defeated Only there after ? Einstien had hallowed hair all over head glowing like fire works! Sai-Baba has round-erect-hollow of hair; do mean some thing special about him.

CHAPTER—14

HAIR—FINE ARTS—PAINTERS—POETS—WRITERS— DANCERS—SINGERS

The hair connection with Fine-Arts 'has been touched briefly earlier. Since this is a very special feature of our activity, it needs deliberation in better details. Why we call these activities as fine arts at all ? It is so because they require very fine IQ EQ and SQ. These arts need great discipline, hard work, persistence to extreme limits and endurance.

Dancing has to be started from the very early age of 4-5 years ! An artist takes long period of 25-30 years to be a presentable artist. Therefore, it is a hard penitence.

Their life is very hard, with financial hardships and ups and downs in life ? But have been gifted with tireless energy and they face all these with spiritual power plus prowess and determination as well inbuilt problems of married life, The Creator blesses them with super extra, tolerant life partners and endless stamina. Myself being a hobby painter, small poet, root analyzer and now a writer ; have faced all these. The energy waves are so strong they force them to make a painting or write poem at once ; leaving everything else. They are often termed as '*mads*' by friends ! So, here are some of these artists along with their 'Hair—Treasures :

1. Painters and Poets : They are gifted persons with abundance of cosmic—energy required to imagine, innovate, frame, create and achieve the targets. So, they have gross, longer, wavy and curly hair, which help in flashes, new thoughts, ideas, stops, back-gears-changes, spoils, makes and breaks. It is a great Laborious exercise which only they can do; other just leave. We have heard so many painters who left painting or manuscripts incomplete. Many old paintings were found with another classic on the same canvas ? Going up the mountains reveals cascading water flow in rivers, left—right, jumping waves, back flows, reverse up swings and even whirl-pools. This is exactly what happens to artists through out their lives. What great persons they

are struggling in lives ; but never admit defeat. They try, try and try again and succeed after long time ?

2. Short—Medium lengths. With above broad format, the length of hair is very important and has independent meanings. An artist with short—curly hair will be quick tempered, short poetry writers, quick expressions, quick paintings, sketching, Cartoons, needle works, bamboo—arts, glass-work etc-etc. They can be witty, joking and mocking poets or mimics. Medium lengths are like medium pace bowlers; taking proper time, rest, activity and aim at medium targets like making and selling painting, artistic pots, embroidery, beauty-parlors and similar jobs to make both ends meet in the life.

3. Long-very long-wavy-Twirls—flowing-Hair. These are the best form of hair for the artist category and generally possessed by these persons of prominence. Therefore, this needs more collaboration, with real life references :

a) Rabinder Nath Tagore—Sobba Singh-M.F.Hussain
President A.P.J.Kalam :

All these outstanding persons have long-strong-wavy hair property of eminence. They possess untiring energy, sober-saintly, broad—receding fore-heads and open resplendent glow around. Their hair resemble the stable flows of Ganges, Indus or Amazon. Tagore won Nobel Prize for 'Gitanjali' and started painting after the age of 60's ; Sobba Singh and Hussain are international painters. President is our President ! It is note worthy that the physically small height does not matter when they have long—strong hair. Other personalities are Shakespeare, Bertr4and Russel, Milton, George Washington, Einstien. Indian actress, Meena Kumari, Madhu Bala, Rekha, Wahida-Rehman. Jaya Prada, Madhuri Dixit ; all possessed long-wavy-curly, hair. Very good asset of hair offset other short comings of a person.

b) Respectable, late Meena Kumari : Her long, dark, curly-wavy hair speak of fineness, artistry, religious depth, poetic short dialogues, articulation and quick perception. In 1970's I thought that she should be a poet by nature ! I was very surprised when in 1980's I got a book of her poems and Gazals. I, owe the very first flashes of hair power to her acting in classic film "Sahib-Bibi-Aur-Gulam and *Jane Na Dungee*" song for her

classical and unforgettable acting even after 40 years.

c) Bernard—Shaw : Bernard Shaw is great example of short—curly hair. As he had short curly hair, a bank of mental energy in a slim body. Quick perception, light moods, fluent expression and sharp witty humorous words; even to the extent of self joking and criticism, by a great writer.

d) Shyama, the Actor-1950's : Shyama, the heroin of golden era of Indian films, has the great mix of many faculties of hair power! She has thick—grossly-full-dark—long with medium waves which bless her with all round Physical + Mental blend of faculties. She had great energy, untiring appearance, confidence, skills and overall easy natural acting style ; which make her a superb typical actress. She was very bold and naturally smiling person. She could well synchronize all emotions even in a small scene very effectively, in few words. I could see only a few of her old films ! But, I can express that with abundant hair health, she must be keeping very good health even now after 50 years period, unlike others of her age !
.....Ref.....(i)

e) M.F. Hussain : He is now very well known International painter even at age of 90's. I am writing only because of his extra—strong—longish thick—look hair. This gives him extra 50% working—untiring Cosmic gift of Energy. His White silky hair still have untiring Energy. This is also real meaning of bank FD's which are saviour in old age ! Good the Gold !! This case also proves that painters are renowned after long struggle and persistent hard work; even up to plus 90 year's age levels.

4. Dark-thick-sticky-fixed look hair : These indicate self centered, introvert nature, silent features and brief conversation styles. They have less confidence, self imposed gloomy postures ! They don't confide with other as a self insecurity complex. Being quite conservatives, they remain at average levels in life. They can be faddists, fatalists and blame ill-luck for their short comings. To friends they are a liability ? They don't listen to advices even from relatives and friends.

5. Crinkled-Jerky-twisty-Hair : These are very typical persons. Retrograde, weak, passive, fearful expressions and caution at every step are their Qualifications. Generally they have whitish—deep look eyes-jerky gait and springy attitude, difficult to deal

with. Unreliable, frisky and disappointing. No problem ? They are also gifted this way by the Creator. They also contribute this way ? They may suffer from small ailments, fits of depressions, unsocial and repulsive attitude. But they can be sensitive, provoked and reactive. They easily suffer from small ailments like headaches, body pains, bile, gas, indigestion and so—on ?

6. Simplex—Complex—Totality of Hair : It is not possible to classify hair in to groups like 'blood group or genes' Every person has different style of hair as well as nose. In past 20,000 years, over 200 b n males an females may have roamed on this Earth ; but the hair and nose of every one was different. Take our families, the hair and noses of them are quite distinct and different than Father and Mothers and grand—parents as well. It is but abundance of creation by the creating forces of KAMA-Intelligence-LOVE Triangle ; by atomic fragmentation, permutation and combination as of hundres of factors. like DNA—Genes IQ+EQ+SQ blending, to create a totally new design of each person coming to this Earth. Strangely, no person is able to change his/here habits as designed by the creator.

Break Flash : I could have never imagined this just yesterday that I will write such matter ever. It is a Flash-Break point from IQ-EQ-SQ energies ? Therefore, there is great techno-scope for the hair science to get explored-expanded and reaching new sciences about ourselves ! Scientists are already trying to explore the hidden secrets of Hair. I can only imagine that :

1. They will measure different contents, elements, metals, gases, vitamins/poisons.

2. Chemistry of hair, pigment, secretions, perspiration smells-formats, wave lengths, twists etc.

3. Size, thickness, colour-shades, wave-curl sizes-interpretations by' Hairo-Logy.

4. Sun-ray spectrums, ray effects absorption, reflection/refraction patterns and colour effects etc.

5. Solubility in acids, chemicals, poisons and other testing liquids. Fire smell tests, colours, shades and breaking.

6. Poison levels, kinds of poisons, damage levels remedies, medication, treatments and controls.

7. Effects of temperatures, heat-cold reactions in 35-60-80-

90 or (-) 20-50-C's twisting, curling and stiffness.

8. Research of different colors, shades, early graying, falling or less Hair. Eating habits and life styles.

In very near future, new treatment system can take over Astrology, Allopathy Homeopathy and palmistry ? It can be anything like **Hairo-Pathy, Hair-Techy, Hairo-logy or Hairo-Scopy** ? Well, it does not look much far Off. This may be just as near as 2015-20 AD only. This is the very purpose of writing this techno-electro book for this electronic age and benefit of the future of the mankind which is going to face much more health problems very shortly on account of fast changing styles. Eating, easy life, higher IQ, intolerance, nucleus living and introvert self centering habits and 'I am right' culture already functioning in our society. The habits and self centredness has spread very fast doing all round damage to social bonds.Ref....(ii)

CHAPTER-15

*HAIR—SECURITY—RADAR—SECURITY— SHIELD

The Hair on our body and head are apparently quite inactive to see ? Now, people cut head hair, beard and even moustache probably to look handsome ! They consider them superfluous or disfiguring their face value and do away them? But in this process, we fail to understand the creator's design ? Our ancestors in jungles needed them badly or their life would be shortened to only 20-25 years ? Hair were natural shield-sheath and security against real life daily dangers. Hair are very natural physical security from falls, stones, trees, bushes, heat and cold.

HEAD—security ...: Our head houses our most precious part 'The-Brain' Although it is housed in a very strong and round skull; but it is most exposed to outside dangers naturally. Our skull can withstand normal falls, blows, fights but there can be any strong danger like stone falls, tree uprooting, severe attacks in fights, opponent log strikes, hurling stones etc. The hair, being wire like strong, act collectively as a mesh to reduce the impact and control the blood flow ! Good ! Not only this, people cover their head with leaf hats, grass covers, caps and turbans. It need not be explained that head security is top most or man can loose his life in falls or accidents. It happens in real life so frequently now a days that large number of deaths occur daily in hospitals from accidents and damaged skulls. So, we have helmets now.

SUN-Sheild - Reflectors... : The head hair also act as Sun shield in summers to reflect extra heat to save the skin-skull for getting over heated. The head hair gets so much energy from the Sun rays that it makes them dark- thick - healthy -long; as south Indian women possess; where the Sun exposure is more around the year. This also gives extra energy, health, activity and basic manly- womanly powers. In contrast, northern latitudes have whitish hair , low fertility - birth rate and Fungus problem.

BEARD— Moustache - Beards ... : Moustache and Beard have their different role of security to filter air we breath, dust , particles, fog, and other dangerous thing like bees, mosquitoes

files etc all around us ! Beard act as shield to the chin, teeth - Security or they break easily in falls and accidents. We have followed all such arrangements in our houses like mesh doors- windows, but do away with hair ! For children the hair are more important against falls from cots - beds- cycles - jumps, playfields running and playing. The importance of hair cannot be explained better who understand all this ? Children are more prone to falls at learning stages. Without hair the injuries can be more deeper and dangerous?

We make so many arrangements for security of our health, body and life, but remove our hair; the multiplex security designed by the Creator ? The increasing ailments, diseases and skin problems, will surely set us to rethink and ponder very shortly within 10-20 years. Even doctors may start advising for maintaining our full hair very respectfully! How much we otherwise spend on hair tonics, costly oils treatments for poor hair. It is about 10 b n Dollars per year great business?

CHAPTER-16

HAIR AND HEALTH—SYSTEMS—DESEASES— AILMENTS – FORE-TELL

While writing even five years late, very new dimensions about hair are erupting like bamboo urchins which spring out from earth at once. In fact, It is now revealed that superfluous looking hair are very first energy by which life initiated. Today hair is on out heads where as initially they were in root forms like small plant bunch of roots. All animals have hair on the body-head-manes-tails and birds have plums. The sea creatures like fish, sea horse, oaters, mouse have them in antenna forms. Insects like cockreaches, ants, butterflies, etc have long ever moving 2-4-6-8. quite long whisker antennas on mouths/heads. They act like Radars of today designed by the Creator millions years before we made them recently? It will make an Encyclopedia. So, we just discuss hair as useful to us please.

HAIR HEALTH—Barometer—Indicators Science and Technology.. : Hair being roots of life, contain-known-tell every thing of the body on which they grow? Hair are like a project report of 50-80-90-100 years. Hair can indentify barometry of life sketch and inform about the problems, ailments, diseases and system symptoms in much advance i.e. 10-17-28-40-55-70-85-95 age levels. Very Good for us! The present Blood tests, urine tests, ECG-EEG-X-rays and other tests only indicate the present conditions in our bodies; not fore warnings. I have fore told about 10 people / ladies to be ready for joint pains from the age of 35-40, as their body hair were weak with poor perspiration-? Four expressed that they already feel difficulty in walking after 35 years stage. One such lady met in a post office in Delhi dealing with saving schemes, was well surprised, as I met her only 10-minutes earlier. That 90% people remove hair, is but a malady question? Hair are curious mixture of elements, metals and gases as follows :

a) Hardness :—Hair contain metals like Chromium, Zinc lead making them strong.

b) Elements, like Sulphur and phosphorus give them stench if burnt. Airy elements like Oxygen-Hydrogen-Carbon-Nitrogen (80%) give them lightness and airy aura ! 1,00,000-head hair may weigh only 50-75-120-200 gm in males and up to 250-350 grams or more in femals who have thicker and longer hair.

c) Solar- Battery Charging... : As we now well know that hair have electric charge they are also Solar radiation receptors, heat catchers as well heat reflectors and may be even 7-rays refractors. (If we see through hair, 7 colours can be seen) Soon after Sunrise they start charging our 3-Billion body cells to a electric charge of 24-30-40 volts, with which our Brain-nervous system-eyes-Ears-Tongue work; all being electronic 'Workers !! Great ; we never knew in 1940's. That is why our brain starts 'Shooting-flashes-ideas' just after one hour of Sunrise?

d) Extraordinary Technology... : We do not generally know that hair can suck and extract 'Poisons' from our body to them? Dangerous poisons like Arsenic-Lead-antimony are pulled out side the body to keep It safer from danger levels and the hair may suffer and start falling in consequence. In slow poisoning cases, the hair can defend as for 2-3. 5-7 months. (Ref. case of **Napoleon Bonnapart**, where fallen hair collected by his friends proved 'Poisoning 140 years after his death in 1821). Therefore, hair are like '**Black-Cat**' security of V.V.I.P. national leaders, which save them at the risk of their own life? But the tragedy with as is that we do not know 'Hair-Property' and care much for eyes,mouth, heart, skin, face and wealth? Gentle as the Hair are; do not complain at all ? We cut them, trim them frequently to invite hoax of diseases, ailments, problems, obesity, motherly complications and deficient children ?

BODY-BRAIN-MIND-SENSES-IQ, EQ, SQ-BALANCING :

As already detailed, our body is as vast as Cosmos, from which is has been down loaded. It is so vast system that even after 300 years of research; much is unknown?

1. 5—ROOTS—Air - Fire - Water - Earth and SPACE. Waves-Rays-lights; so on.

2. Intelligence—WILL—LOVE ; > Physical-Mental-Spiritual; IQ - EQ - SQ > Work - Food - Work > and MAN-GOD

-WOMAN ; traingular HEIRARCHY.

3. Body, the HARD ware, Brain-Software, MIND the Jungle, 5% Conscious and 95% Sub-Conscious under World, 5000 Thoughts-Dreams and fore sensing daily ?

4. Body with 207 bones ; 60 million Brain cells, 2,50,000 km Nervous system, 1,00,00 km canals, 3,00,000 HAIR; 1,37,000 Eye sensors, Ear-Translator ?

5. Five Trillion Brain capacity, 300 b n working competency and instant memory ?

6. Free Air after 4 seconds, free Water, Heart Pump-70 times per minute and LIVER the workshop.

7. All this is well recorded by the Brain VIDEO- AUDIO and HAIR-BANKS ?i)

Brothers, All this is possible only in a healthy body and all the above healthy systems? If not, then surely we are ill, disease prone, stressed with tension and what else not please? We have to take good natural foods, proteins, vitamins our metabolic-system; which we surely do not ? We never use a car, if it not in order? But, we make misuse of our body.

In the total contrast; what we have well done is that :

@ We have polluted our FREE - AIR, Water, food with poisons and even the SKY and every thing required for good health ? Smoke, Smog and drains all over.

@ We cut, trim, shave our Bank of HAIR and stop synthesis of Vitamin-D to stint growth ; Phosphorous to upset our food metabolism, create **Obese-Fatness** and admissions to hospitals?

@ Then what is left is illness, disease, ailments, weakling-Urchins painning legs, gout, indigestion, gases, sleeplessness and high or low blood pressures.Ref....(i)

The list is as big as medicine Directory? We are doing all this so well knowing and also repeating all the BLUNDERS' so surely? In INDIA specially, we first spoil all things well, then raise hue and CRY, then make big projects after protests, then mispend the funds. Yamuna cleaning in DELHI and black stinking drains around cities like Kanpur, Ludhiana, Chandigarh-the city beautiful ; even Shimla, Bangalore. NEW DELHI, as worst capital of all world capitals ; with pollution, dirtiness, water shortage and POWER- shortage ; making hell of the life for every DEHLITE??

No questions please ?

* We with great rivers, Monsoon, Himalaya; drink bad polluted and dirty water.

* We breathe foul AIR, Smoking smog and vehicle Smokes.

* We cut, trim, remove HAIR to stop Vitamin-D from SUN?

Where we stand; how healthy we and our CHILDREN are ? Please think and ponder as helpless.

ROOT- FACTORS of HEALTH and DISEASES :—

It is very important and essential to know and understand the ROOTS of our good health and causes of diseases that appear out of no where and trouble the huminity in the forms of fevers, small- pox, plagues, yellow- fever, joint pains, indigestion, constipation, cataract, bleedings, high-low B.P. and so many more?

Our basic health is a perfect health like those of animals which obey and live nearest to nature. There is no fault with our body or health as per design of the Creator ? But it is our faults and only our habits and nothing else at all ? It is our blunders, diversions, our greed for comforts, tastes, short-cuts in life and artificial foods?... Therefore :—

1. Our health is what we eat and drink through our mouth and sent it to stomach. Up to 19th century we partook natural food, pulses and vegetables. But with the spread of urban pattern, we designed tasty spoiled foods to invite diseases ?

2. Now, with increasing population, insecticides in food and vegetables, packed eateries, cooking blunders in hotels, taste for spices; juices with no FIBRE ?

3. No hand work-Hard work, more eating, no proper rest or sleep to digest, no time to meals, go on eating and for eating only and upset metabolism process.

4. All soft and softy foods, ice creams, cakes, sweets, custards, all powder foods.

5. Indoor life, closed offices, A.C. culture. Keep basic energy of Sun-Power away, grooming negative organisms in the body systems ? Whose fault this is ?

6. We need proteins, carbohydrates, fiber for intestines, vitamins a-b-c and vitamin D; available only from by U.V. rays of SUN in the HAIR we cut; Vitamin-D- we shut??(i)

7. No hand working, all automatic ? No sitting in the open

spaces, kitchen, only standing. No washing with hands, but with machines ??

So, all is so well in the comforts of modern HELL—..?

The number of diseases ; I can not count or TELL...??

3. We are structured from 5 ELEMENTS and our body ever needs all these to grow and maintain. Air is so FREE ; why to bother? Sun power free, no time to catch it ; Vitamin-D or No-D; feel fine and Free? Water will come in taps.

Why worry about Earth and Space. What can we do if Green effect appears. Let it be?

We are helpless so far, Scientists are on job? "All is well in modern well... but;" **With all our blunders bold ; Attitude-Cold, Brothers! please hold ;**

We have well insured to go to HELL; on this very Earth; I am told ?

MODERN - VICIOUS- CYCLE : Modern trends have created CRISIS in a auto planned way.

* Box offices indoor like BPO, Banks, dark factories, multistory offices; shops?

* Egotistic life beyond means. Go for all loans, tensioned for -20 years stressing?

* Traffic jams, hurry - tension, 10 - 11 hours; over work, life pattern are up-set?

* Costly living, rentals, travel-petrol cost, high prices and hollow standards?

* Husband-wife employed, work burden, tired-taxed, sleep alone, emotional-choking; no child yet? Then what is left in life which is cut and shut ? All imbalances and complexities, more and more, **IRREVERSIBLE—CYCLE ?**(i)

HEALTH—SAVING—ROOTS and FACTORS : The Creator has designed our body so perfectly that it takes long period for the problem to show even initial signs. The body security systems, Genes, blood white and red cells, bacteria organisms and resistance resist the attackers for many years?

The health symptoms definitely start appearing in the Hair micro- film many years earlier in their Secret-Scientific codes; BUT go unnoticed for want of hair test, like blood, uric tests. So, discipline in eating is must?

1. It is the work activity that creates hunger for food and energy needs. Without work we do not need much food. So work, play and games are must for every child and adult.

2. We must eat with proper hunger at proper time ; otherwise it is unwise.

3. We should learn eating habits from animals, which do not fall ill as they eat what Creator has given.

4. This only means that we must eat most natural foods as given by nature.

5. This further means that green vegetables, leaves, raw or boiled are best.

6. Energy is available from real natural sources and not junk or cream foods ?

7. Artificial food, overcooked - tasty have burnt fibers or **charcoal foods**; as I will like to term it.

8. Raw items like carrots, cucumber, tomato, radish, fruits are best foods.

9. Boiled wheat, maize, grams, nuts taken with country raw sugar is best. (Africans take such cheap foods.)

Modern—Stress Factors—News : The modern stress is appearing in many ways is difficult to detect and interpret; being created by changing life pattern and odd job timings, working indoors, sitting in fixed postures like BPO's High frequency mobiles with dangerous electronic waves. These have bad effect on sensitive birds like **sparrows, migratory birds, and bats ?**

i. The stress of overwork in jobs reflects in headaches, constipation, belching, indigestion, gas, detached feelings, palpitation and similar symptoms.

ii. Sitting jobs create stiffness in body, legs, shoulders; even in 25-30 years age workers.

iii. Sleeplessness due to fixed, boring work ? Change drills, to keep brain ever fresh ?

iv. Single activity leads to, ill feelings, depressions, absence, forced breaks, leaves without pay etc; leading to, Neurology, ECG-EEG; without any thing ?(i)

v. The danger lies in the fact that problems do not follow with ailments soon and pre-symptoms are very complex ? No detection and medication feasible ?

vi. Allopathic treatments can create foolish complications; more side effects; more medicines and more side effects.

JERK—HELPLESSNESS—NEWS REPORTS—CRISIS PHOBIAS :

These complex problems are creating dangerous jerk—culture? Riots, fights, anger, quarrels of husband—wife, running from homes and Suicide attempts.

? – 300 attempts, 6 hang ups in Delhi in 2004 ? C.B.S.E. advises consultants ?

? – Firms employ Yoga teachers in the offices, as a symbol without changing culture ?

? – Married both employed, sleep alone ; male Dysfunction ; females freeze at 35 years age.

? – Tribune—5th Nov-06 “Army to shoot down streets in Soldiers” Suicides-Shoots ?

? – USA, Europe, marriage and divorces. 25-30 agreed divorces daily in Delhi.

Therefore, HAIR – TESTS can go a long way to detect diseases 5 – 7 – 10 or more years in advance from micro – film science of hair **‘HAIRO—PATHY’**

Diseases-Ailments-Features : Hair are total-gross summary of body features and faculties and specific identifications are difficult. Therefore, grouping of main features and diseases is being done as follows, in tabular form :

Dandruff : Dandruff is quite common scalp diseases normally linked with dry skin problem. It indicates basic problem of deficiency, non acidic scalp and dryness factor. It causes severe itching leading to hair scratching frequency. It is infection type of problem and needs natural treatments as follows :

I. Herbal extracts are very useful. Weekly washing with Amla plus Shikakai plus Reetha boiled water is best as it serves functions of washing, cleaning as well.

II. In villages 2-3 days old yoghurt is a no cost best treatment; not done in cities.

III. Massages with coconut or olive oil is also effective and commonly used.

IV. Henna is linked with the hair health all over the world and is widely used in many forms. Henna powder, extracts applied

on the scalp leave an acidic layer and this helps the scalp to flourish in the acidic format on the skin eliminating dandruff.

Hair loss-falling-Breaking : Hair loss, breaking or falling is most common problem the world over and in all types of cold or hot countries ? In Europe, it created a culture of wearing WIGS to cover the heads, when keeping hair was a respected culture ! Hair loss has been a great social stigma and loss of personality and respect the hair posses ?

The reasons of hair loss are many like falling, breaking, genetic, hereditary and drug effects. The women have much better hair health than men and the ratio is 80 : 20 in the favour of women. But women can have hair thinning after child births when their energy is stressed and seeped. Secretions from thyroid glands, menopausal effects and imbalances create hair losses ! Extra combing, stretching, tight binding of children hair; also create some problems.

With the modern effects of excessive medication, drugs cause many side effects and it is difficult to measure such reasons; as Engineer, I would term it as "Islanding" baldness. Thinning starts when the rate of reducing hair is more than the rate of growth due to any reason like aging, illness or drug effects.

Therefore, the handling of hair is a very delicate subject and even expert advice may not be always a success. Hence, natural approach is quite safe and selective application of "*amla-reetha-shikakai-coconut oil-special henna preparations*" can be used under proper guidance to rectify these maladies of hair. It needs to be noted that hair are final indicators of our health essence, vitality, temperaments, nature, stresses, illness and above all the "Internal-External" parameters of overall system.(ii)

There fore, there is nothing like natural good resplendent, luxurious, shining hair. The best are almonds, dates, honey, lemons, Sunshine vitamine-D, low tensions and happy way. **Mantra !!**

Long-gross hair are Solar cookers, heaters, Energy battery, which keep the body-brain active and energetic for life. It is quite astonishing that women have less problems with hair. They are less prone to T.B. and many fevers. They recover quickly. The Creator has given them better hair as their duties of home, child bearing, cooking daily, child care for many years and if they

frequently fall ill; the whole house hold will be jeopardized. Credit goes to hair health of WOMEN !!

4. Children, students must play, run, work but Gyms will create more problems ?

5. Regular YOGA, meditation, resting, less pondering can delay these by 5-8 years.

6. Natural, balanced diet, no toxicants, no useless, tensions-stress for this age ?

7. Games, distressing thoughts, relaxation, arts, hobby culture, spiritual calmness.

The greatest benefit of this analysis is that such persons should take all possible precautions, health discipline, exercise, prohibitions, Yoga to control/delay troubles, We do meet such many patients who tell that we have tried many doctors, hospitals for many years; but there is no improvement at all ? Therefore, in such a situation based on the hair study, precautions and preventions will be best course. the Creator has designed that humans must work to perspire and India is well blessed for this.

I am warning very reluctantly that adopting western culture in India is fraught with dangerous health hazards due to use of A.C.'s too much in office, cars, homes, and also for new born babies and the old aged, who will surely attract body and joint pains. The Creator has given us Sun power-Water power in abundance !!

Happiness is not health ... but health surely is great happiness please. All Indians understand this basic science of health very well.

CHAPTER—16 (continued)

HEALTH—ROOTS—FOODS—ENERGY—FUTURISTIC— SCOPES

Our health is so basic and essential that, we arrange so many things which are good for our health and health of our kids. Our great fathers kept cows, buffalos to feed them well with hard duty bound drills and forced us to drink maximum milk, eat curd and many milk based foods. They liked to keep long hair as well. But all has changed with times with effects of modernity. They had a feel that we will grow with over all good health. They were not wrong ?

Our totality of health means good brain in sound healthy body or good soft-ware in good hard ware; with all limbs, senses, mind, thoughts, nervous system, muscles, organisms in perfect coordination; active and efficient or a "A Whole—Complete—perfect unified—PERSON" If any wing of our body format is not well functioning ; we are incomplete in our health as a whole ONE-UNIT ?

Modern research deals with us in 'Fragmented – Parts' of physics, chemistry, biology, limbs, heart, throat etc; but not as a 'One-Complete' 100% unified identity. Here starts the complex modern problems of health parameters ? They do not take in to account our perceptions, habits, likes-dislikes, emotions 'IQ + EQ + SQ', Love-hate-jealousy and beliefs ? To explain this riddle, it is expressed that even fall of one-hair, cut in a finger, scratch or wound, effects our total mental hierarchy. Our brain, 5 senses, 5 egos, limbs activity and coordination for fear, security, changes, job matters, boss phobia, fatigue factors, conscious-subconscious nervous system and all work in perfect tandem to achive any thing required by our body and internal-external security. The Creator has designed every thing so well that it happens in a auto-mode of the whole system. A blink is a MISS, one Heart beat missing is an 'Attack' not only on the Heart; but on our whole-body system please.

For a very good and balanced health, we required good natural foods, energy of many kinds like heat, Hb, Water, muscular power, Body-Brain-Battery Charging ; for performing normal duties of life. We get energy from so many sources like foods, vegetables, seasonal fruits, pulses, proteins, vitamines-D, salvia, metals, elements, fat, grease and so many more things and the list can be very long. Any thing short will surely affect some where in one form or the other. Now there is a special post of dietician in all hospitals now a days. They provide very natural and simplest foods to the patients as the basic requirement.

FAMILY-SOCIETY-STATE-COUNTRY : Good health has been a family trait in North-India since oldest times. Our grand parents and later parents trait in North-India since oldest times. Our grand parents and later parents all kept cows and buffaloes; poor kept goats for milk as essential nutritious food-diet for growing children and for working adults. With vast agriculture base, the foods were very natural, leaf and vegetables, more pulses for protein contents, country sugar, sugarcane, beet, water-melon and more. The average health was very clean, good and disease free. Now the pattern has got a beating from urban culture and milk is sold in the cities for tea, sweets and bottled milk.

As such rural health is deteriorating, with malnutrition and hoax of diseases ? In fact, human life had progressed very well from the old temperate good countries of Syriya, Mesopotemia, Iraq, Egypt and then our fore fathers traveled to Europe, India and East Asian countries in search of better pastures, water and natural foods; as they had not learned cultivation yet?

India was one of the best countries with abundant water, rivers, lakes, ponds, Sun power, fertile alluvial soil and natural foods, fruits, berries, honey. 25% of world's flora and fauna was living in Sub-Himalayan Shivalik low mountains 1000 km long belt. Trees and jungles for daily needs like night shelter, woods for fire, shelter-huts and logs for crossing rivers. All these natural resources made India the cradle of human progress and population growth in the towns along the rivers; as early as 10,000 years ago in the period we term as '*SAT-YUGA*'. This is well proved with verbal and written history in Vedas, Puranas, Ramayana (6000-

BC); Mahabharat (3000-3500-BC); as assessed by modern research.

It is the Water-Sun-Air resources which determine the fertility levels, female EGG-evloutions, SPERM-power; directly linked with Sun and HAIR Vitamin-D freely extracted through Hair-spread shield on the head and the body. Look, the long, dark black hair health of Indian women; known as one of the best Mothers, working, cooking, caring and sacrificing anything for the welfare of the children in joint family system ; India is proud of this unique culture in the World ?

But with the shaving culture taking dominance over the old culture obesity, fatness, stocky, bulging bodies are on the rise. In past 20 years, we have 37% women and 30% men, with overweight and obesity ; high BP, Sugar, uric acid and other abnormal health parameters. A morning visit to Testing Labs will prove all this in 5 minutes. Obese persons spend Rs 70,000 Crores or 700 b n on treatments every years as per News reports; where as poor do not get even basic treatments for day to day health problems? FAT person snatch the Hospital facilities with their money power?? All this in the largest DEMOCRACY ?

Westren countries have more to eat, drink and less exercises have made them as FAT as W W W-F wrestlers? Great health; courtesy cutting, shaving HAIR from head, face and now even the arms and legs, specially by ladies? Wow !!

Discussion with Beauty-Parlours confirms that colouring, perming, shaping, left-right curls are trends among the women are purely a FASHION only?

DANGER—DANGERS—DANGEROUS LISTEN—LADIES :—

The women the world over are unaware that doing away with Hair will create Vira-min-D shortage, unbalanced body ratio, bulges on waist? Healthy beautiful 48"—55—68" height 5'—2"; with pillar legs, stocky necks, and log like thick arms, can be seen in the markets, eateries, garments and goldsmith shops? It looks as if the body has 2" cover of foam? Over that the ladies proudly exclaim "You are feeling jealous of my good health, Madam? I am from a high family eating, living and spending well? How about you dear? So, such health is a source of Ego-Bolt' please? Where

men and women are heading is very clear !Ref...(i)

DANGER—Dangers—DANGEROUS for Men, MOTHERS and KIDS???

Pregnancy is far away for such mothers. If at all they conceive one day, there are no apparent sighs till the last month? They will be so casual and careless in their attitude that :

- * They will not have any labour pains till last hour ; high or low BP, difficult to check baby heart beat Need for an emergency eleventh hour **CAESAREAN-OPERATION** and related complications surely?

- * Abnormality in baby health, growth, birth, respiration difficulties.(i)

- * Increased risk in wound infection, blood clotting and other side effects.

- * Tension, worry for the health of Mother and Baby plus high expenses.

Again we have to come to the HAIR on our heads and the bodies. They control obesity, through vitamin-D, good metabolic system, Energy conversion and balancing, uprimization of body security mechanisms and many unknown benefits which need long research and identification of cause-effect-beneficial features for the benefit of the future humanity and future generations to come please.

CUTTING—SHAVING HAIR—75% VITAMIN-D LOST :—

But we do not want to understand the loss of Vitamin-D up to 75%; by cutting, trimming and clean shaving of our Hair-Property, of PRICELESS value and loose 75% of vitamin-D from our 'HAIR—FACTORY'. We need 1000-1500 units and our kids need 3000 to 3500 units of vitamin-D; on daily basis to grow daily; not monthly ? It is essential agent required for daily metabolism needs, growth and body needs. If we get only 25% vitamin-D; how will we digest food eaten daily by us. How will our kids grow healthy? What if they eat more, do not digest and get FAT and plump and tiring after small run ?(ii)

(Dr. Chanda Singh)

Mothers complain that "my children are eating well, but I do not understand why they are not strong?" Men and women get

fatty and gasp for breathing after small work ? What if our kids can not stand for prayers and fall down after 10 minutes and we run to doctors in shock? Who is responsible for all this? Parents, teachers, or the **kids**?? Whom to blame and how? We are all silent spectators ? What will be when they reach age of 28-35 and redundant at 40 years of age? In the westren countries, 30% men are dysfunctional at 35-40 age and get **DIVORCED**?

Ooh ? The **Creator** in all His wisdom, created over 1,00,000 Hair on the head over a period of millions of years of scientific and technological process. Every Hair might have taken thousands of years to create follicle, root bulb and linking with the whole body and nervous system. We simply do away all His labour in ten minutes? Is it mistake, blunder or a suicidal willfull action on our part ?

HAIR—WEALTH—FIXED DEPOSIT in HAIR-BANK :

Our Hair; the largest format spread on the heads and bodies, contain great wealth of metals, Gases elements, vitamin-D factory and so many other latent walth lying untapped, dormant and frozen like **GOLD** under the Earth? All this at no costs at all. We feel satisfied to spend on medicines—vitamins - tonics ; but do not know the real Medicine of free FD in our hair and we simply remove them mercilessly. The hair are sacrificed on the alter of modern fashion and ego-competition among the friends circles.

The importance of the **HAIR** can be assessed from a single example of the animals. Had animals been without hair or less hair; they would have been simply **EXTINCT** long ago? This may also be one of the causes that lead to the extinction of **DINOSAURS**; which had little hair on their bodies. After a large stone hit our earth 60 m years ago; it was dust all around in the sky? Stopped Sun light, loss of vegetation and more cold around due to no Sun-Heat and evidently much more colder. I feel, Dinosaurs died due to cold effect and loss of vegetation; or how could the largest animals could get eliminated; when even **COCKROACHES** of that very period have well survived ?

(Special view of the Author)

Brothers and Sisters - **THINK-PONDER-MEDITATE** to understand and make correction in your life for the sake of life itself - "**KEEP—FULL—HAIR**" Let not our future generation

blame and abuse as for all these willful mistakes. To create hell of diseases for our selves and our future heirs in the name of showmanship, fashion and foolish copy- culture and comparative-EGOISM in life? A person with cut and shaved Hair may live long; but he never lives a life of completeness or wholeness or FULLNESS ? Every part of our body is interrelated with all other parts through vast system of 2,50,000 km of micro-invisible nerves which may not weigh more than 200 grams ?

SERMONS and MORALS : It needs to be clearly understood that 'wealth is not health but HEALTH is surely greatest WEALTH'. Further, it is also not merely absence of diseases but much more. Health is... totality of coordination, balancing of thoughts, emotions, activation of all energies in to central - synchronization with 5- senses, 5 Egos, brain, nervous system, metabolism and blood supply. Each heart beat monitoring, pulse rate, Water content, fire and Air elements. Good temperament balancing, secretions for all organs ; bones and muscles; and over all happiness with mental food for the brain and spiritual food for the SOUL too ! Hair go a long way in balancing these features by their multiplex role in appearance, science, waves, arts, emotional feels energy, musical spiritual charging !! What crime do the hair do that we cut them again and again on the alter of fashion ? Great-Hair do not cry, weep or complain; *as good samaritans* they are ? Do not torture them ?

BALDNESS—PATCHES : The likes and dislikes of we humans are very strange and difficult to analyze ? As detailed repeatedly above, those who have large format of beautiful, bouncing, shining hair; take few minutes to cut them or trim them under 'FASHION-PHOBIA'; those with less hair crave for growth of more HAIR by any means or any high expenses? They offer to spend any amount to grow; if not all but a few HAIR by any means, costly... treatment; even plantation, addition and any condition? I happened to meet such persons with shining heads? They feel very much incomplete and depressed !

All they wished was that they wish only 50 hairs to grow on the head to look respectful in the society. The Root- Science is that, we can better arrest loss of Hair by food discipline, correct eating or meeting the shortage of elements from natural foods,

SUN- Light ; but no tablets or capsules or tonic will do? Then what to EAT : Enough, given by the CREATOR to Indians..... 1) SALADS - Tomato + Kheera + Carrot + 2) Boiled corn-Grams + Maize + Wheat +..... with country Sugar. 3) Fruits like CHEAP Guava + Mango + Pears + Banana +Beet (we do not eat) 4) Soya + Ground - Nuts + baked Grams +.....(Reduce high BP).. 5) SUPERIOR—Gifts of the Creator; TULSI + PUDINA + Garlic + many more such items please.

Natural treatments are, use of Shika-Kayee, Amla powder, Almond-oil and Henna powder with proper guidance of the experts. Massage with coco-nut oil, eating leafy Fiber foods above, proper sleep, stop stressful pattern of life; as stress is basic cause of falling hair in 80% cases and difficult to analyze or control ?
....(iii)

CHAPER—17
HAIR—SAINTS—PROPHETS—SADHUS—
RELIGIOUS—SPIRITUAL

Hair are nature's greatest property ! It will not be an exaggeration if I say that our 3,00,000 hair on head and body are worth \$ 3000 million? They are as price less as diamonds. It is difficult to grow a cut or amputated limb, but our hair break, fall, uproot; but always reappear and grow regularly. Great? They grow like our companion **Tree** planted by our grand father on our birth ! Some how, hair are consonant with nature, sun, spirituality, easy equipoise and Godly Linkage. This give them a gracious, respectable, higher place in society. Even when over 90% people remove their hair; large number keep full hair to have a natural look, saintly personality and social respectability !

Religion — Spirituality History is a good proof that all religious feelers, personalities did keep unshorn hair. Indian Rishies, saints, swami's Acharyas Gurus and teachers normally possessed full grown hair on head and face. In contrast, the second Guru Angad, was a Brahmin by birth, but had kept full unshorn hair. The third Sikh Guru Amardass, went to many places of worship at Hardwar on the bank of sacred river '**Ganges**' for over 30 years, but had full hair from earliest childhood. The fuller, thicker, gross and long beard of the fourth Guru Ramdass, is so well respected with a saying that, when being Guru, used it as '**Brush**' to clean the feet of elder son of Guru Nanak, Shri Chand, when he visited the fourth Guru at advanced age? Then, the tenth Master, Guru Gobind Singh, bestowed greatest importance and respect to full and '**Unshorn-Hair**' as the very first property of a '**SIKH**' when he baptized '**Five-Beloveds** or '**Panji-Piaras**' with self prepared '**Amrit** or '**Nector**' in 1699 AD. Therefore, full- unshorn hair happens to be the religious signature of Sikhism and the Sikhs. This is fully covered in chapter 23 under '**Return of HAIR**'.
.....Ref.....(i)

Fine Arts—Painters—writers—dancers—Musicians..... The fine arts are very near to nature, rather the nature in active

display through fineness of life. It has been already covered in earlier chapters, but repetition is quite natural for important and basic faculties like arts in life. These people normally keep full or full head hair in as automatic natural mode and mood. Bollywood has produced great artists, singers, musicians, dancers of international standards. The quick-fast dances of Vaijanti Mala, Padmini- Ragini sisters, Helen, Classical of Wahida Rehman, Jaya Prada (Long-Wavy-flowing hair) ruled the Bollywood films. Large number of films were produced only on dance themes, like Awara, Nagin, Jhanak-Jhanak-Payal-Baje, Nav-Rang, Raj Tilak, Guide, Kagaz-Ke-Phool and so many others, which celebrated Silver and Golden Jubilees ! So, hair appear to operate and contribute in all spheres of our lives.

CHAPTER—18

*HAIR—HISTORICAL—CUTTING—SHAVING— PUNISHMENTS

It is quite essential also to know as to how and why the cutting and shearing of hair started in the human race? There are no direct references on this subject as hair has been least written upon in history, except when forced as law or punishment. There can also be some other reasons for doing so, I will take up the matter in four parts i.e. Pre-Christian era- First Millennium-1000 to 1700 A.D. and 1700 to 2000 plus periods as per segments of history !

a) Pre Christian-Era.....: Some reasons can be derived from situations and circumstance and situations of those times i.e.

i. There were great battles and wars in this period in Europe, India and Asian countries for supremacy. The soldiers had to wear big head gears like Roman- Grecian high head tops, along with chest shields. They may have to shear long hair to wear the big and heavy head gear for the safety of the neck and head, as a technical necessity of saving their life in the battles.

ii. **Greek Culture.....:** Greek people had great preception and respect for beauty. Whereas the Greek scholars like Socrates, Plato, Aristotle and others kept full hair ; yet others did clean shaving to look handsome as visible in statues of old times, exhibiting the beauty of their bodies and facial features ! Even women might have encouraged such a tradition and natural competition among men?

iii. In India, men and women did keep full unshorn hair in this Budha period which continued up to Ashoka and Chandra-Gupta period up to 8th century A.D. The women had greatest regard for their hair and had innovated many a artistic styles to enhance their appearances and beauty, as depicted in old paintings and sculptures. A big hair coiled ring at the back of head with flowers and designs or long, long braids are known in the world even now. Men bound their long hair in a knot on the heads with

a loose type turban around it. Anglo-Saxons of Europe, Bohemians, kept full hair, beard and moustache as stamp of masculinity. They really looked very handsome with Gold-brown beard and moustache combine.

iv. The persians, Jews, Christians had full hair on their faces as saintly stamp and natural powerful masculinity. In Judaism, hair is well kept and respected as a religious significance. But, typing of turban is more in vogue in Persian countries. India and earlier Asian countries as an essential cover and also an elderly, complete, saintly, balanced dominant personality in the social structure.

b. i. First Milennium- 1000 A.D. : This period is full of long distance wars spread over many years due to availability of iron for instruments of war and increase in population. Alexander, the great, went out to conquer the world and reached up to India, covering a distance of 2500 miles with huge army. It was naturally many years march in the third century B.C. There were Roman wars, war of Kalinga by Ashoka in India with colossal killings, which turned him to Budhism. The Persians, Turks also went on long distance winning sprees towards India, which was the Golden-Sparrow! These long distances fighting soldiers had a terrible uneasy life away from homes for years. So, they had to shear their hair as a compulsion of battled drills of life and hot humid climates of India.

ii. In India , the cult worship of Gods and Goddesses increased which also required sacrifices of animals. People also started shaving their heads as a minor symbolic sacrifice like that. *Mundan* or removing hair from the scalp at the death of elders , Mundan ceremony at religious places appeared as a compulsory ritual out of taboos and fears of many a goddesses and Devi's. As such, shaving appeared as culture in India more in this way.

In this very period some smaller sects, religions like Jain saints introduced total clean shaving of heads as their identification marks, easily visible to all. This also spread to singles, unmarried ones and spread of Sadhu - culture at pilgrimage places, Mandirs, four *Dhams* in north, south, east and west of India and other important places of *Devatas and Devi's*.

c. i. Mediveal-period 1000-1700 A.D. : This period witnessed great global transformation the world over with invaders and looting all over. Gaznavi looted Somnath Temple and transported gold on 700 asses and horses in 12th century. Babar and his sons ruled in India , Aurangzeb was applying great tortures on Hindus by cutting their sacred threads, forcible conversions to Islam and total shaving of their heads. Kashmiri Brahmins came to the shelter of Guru Teg Bahadur to save their culture and honour? The Guru promised, went to Delhi but could not be converted and Aurangzeb ordered him to be slain in November 1675 A.D at Chandni Chowk Delhi. There was turmoil all over but it put a stop to the tortures and forcible shaving of heads of Indians for conversions. ...Ref.....(i)

ii. In Europe the writers, poets, scientists like Newton , milton, Wordsworth, Tolstoy, Thomas More, Karl Marx and soldiers kept full hair. In India , worship of Devi;s and Devta's increased and mundan culture got a boosting ! But the tribal and remote people in rural areas had maintained hair as their basic and masculine culture. The Muslims also offered their beard hair at Mecca , as very precious sacrifice from their body.

iii. Slaves : There was slave culture in the world and mostly Africans were taken slaves due to utter poverty and simplicity. They were not allowed to keep hair as their subordinate identity. Similar culture had spread to large number of countries where the locals considered themselves as superior especially the Europeans, who were spreading in the whole world as a super class?

d. i. Present Times 1700-2000A.D. : With modern scientific revolution, great transformations have appeared in past three centuries. Kings were disappearing and democracy appearing all round the world. With so many shaving equipments discovered, shaving spread all over with the effect of western culture and ladies also liking clean shaven husbands. Even ladies resorted to half shearing of their ornamental hair in to half lengths and curls/ puffs as a fashion.

ii. In India , there was great change . Guru Gobind Singh , the Tenth Master took up the 'SWORD' against the Mughal Empire

with low castes, down trodden , weak, socially suppressed people as his soldiers and fought 14 battles for defence and won all. Then on 30th March 1699 A.D.; he created '**Khalsa**' from them by asking for their heads in a gathering of 80,000 at Anand Pur Sahib. Five offered their heads and were baptized by the Guru with prepared nectar or '*Amrit*' as it is termed in India ! These five baptized were required to keep full unshorn hair as one of the five K's. This requires a full chapters as '**Return of the HAIR**' in part III next please.

CHAPTER—19

HAIR CHARMING—PROBLEMS—POLLUTION— SOLUTIONS

By now we understand that Hair occupy very important and central point of attraction and personality. Without hair how ugly man and woman would have looked can be assessed by looking at a bald or shaved person without hair ? They look abnormal, odd, ugly and out of place in the society ? Black is not a very beautiful colour; but black hair look maximum charming for both men and women. Hair give us extra plus appearance charm and personality. For women they are like crown, rainbow aura and glow on the face and features. They speak volumes and volumes for you without a word. Poets compare them with dark wavy clouds. They charge your imagination and total aura of a male or female, unlike other organs of face like nose, eyes, cheeks chin and lips. They make silent statements and speeches, poems and paintings of one's thoughts, reflexes and mental waves. Even dark black thick eyebrows create extra charms than thin lines. That is why we are always worried about the well being of our hair health, strength and thickness. 'But' is everywhere in this world and we have lot of **buts** and ifs of our hair health.

Hair express the summary of our total health essence, vitality, resistance of body, potentiality and personality. These are created out of our eating materials, habits of eating and natural diets. This is a very basic parameter of health which has a direct bearing on the health and well being of hair. All other factors are either extraneous or hereditary. There fore, the problems of the hair are dependent on our diets and artificial treatments or medications take long time for improvements. With changing food styles, living patterns and artificial factors, the problems of hair are on the rise and are discussed as follows :

DANDRUFF—FLAKES—SCALP Problems : The problems of scalp dryness, itching and irritations are connected with dandruff. We normally ignore this considering it as a matter of routine like skin itching. But this is not desirable and the

dandruff needs to be taken care off. This occurs due to non acidic scalp as the hair root needs sulphur through amino acids. In India, the hair was washed with Yoghurt, acidic soils, Amla and Reetha boiled water. No soaps were used.

‘Multani Mitti’ is well known in north India as hair washing soil ? But everything has changed in just 50 years ! Soaps and soaps, detergents, shampoos and artificial oils are doing the damage work quite fast. Every one is attracted by new items as a fashion thing without thinking pros or cons of using them It is blind adoption or called *‘sheep habit’* sarcastically ? Other treatments are briefly explained below :

I. Light oil massage with warm oil is a normal step in day to day life. Earlier only mustard or coconut oil in pure forms were there. We would not spend big amount. Now there is not much money problem. Mixing of oil blends can be made. Mustard oil with coconut oil or amla oil. Amla plus coconut oil is very good combination. Now, firms have also introduced such blends. But massage lightly.

II. Massage with warm olive oil is very beneficial and best for children. But is quite costly. Johanson’s baby olive oil being used by mothers now a days.

III. Quality Henna powder is being used by the parlors. Mixing with other ingredients is also adopted; but one has to be careful from populist parlors.

IV. The best advice is to avoid shampoos, artificial items or casual advices from friends which can do damage beyond control. Large number have suffered.

V. Dandruff need to be controlled in 2-3 months or itching, scratching can create more problems like acne, scalp bleeding and scars, as itching is persistent.

VI. Avoid excessive oiling as it will attract dust, fumes and pollution of air and covering of head by ladies with scarf these days is but essential ! No flaunting hair on fuming roads please.

VII. Washing gently, carefully is advised. Only standard shampoos with normal pH values of 4-5 and protein based should be used. Common brands can do harm. In fact, natural is good **‘Amla + Reetha + Shikakai’** boiled water is harmless.

HAIR LOSS : Hair loss has become greatest hair problem

for us. The problem is due to any health factor, any reason or side effect of life often difficult to detect easily. This makes the remedies difficult and the hair business is worth 10 billion dollars by now. The reasons are classified for information as follows :

I. Hereditary is most common factor and quite difficult to treat by medication and leads to total baldness. This has lead doctors to go for replanting technology. ...Ref.....(i)

II. Mal-functioning of thyroid gland, harmonic imbalances, sinucitis, anemia and other secretions as per individual features do affect the hair health.

III. Child births exposures and menopausal side effects for women. Late marriage side effect also.

IV. Fevers relapses, over medication, reaction to strong drugs are new factors.

V. Carelessness, tight binding, tight rollers for children and extra combing.

VI. Unnecessary colouring, tanning by young girls have spoiled their hair. It is known only when damage is done.

VII. There are no grey hair in fact; only white hair mix with black hair to give the hair a grey shade or reflection. The grey hair appear due to reduction in formation of pigment with aging, chronic bad cold or asthma as side effects.

There are no sure remedies for greying process. It is difficult to reverse this. All these factors have created hair industry worth 10 billion dollars ! Nothing can overtake natural living, good balanced simple diet, proper care, cleaning and oiling. Avoid artificiality, junk foods, strong medications and detergents for hair. In this race fashioned appearance by ladies, the best gift of the Creator is in danger. But in these times of mad race, extra wealth, super ego factor; no one bothers till her hair is gone with the wind and nothing left to comb and care ?

Ladies and gentlemen readers, the hair has been blessed as a '**Crown**' on our face. It is a rainbow for ladies. Aura for saints and glow for the children ! Nose and hair of no two persons are same in this world. The Creator has these special designs for us. How we destroy them needs no more explanations. Hair never complain and take all the blames of our wrong doings, mistakes and blunders of life styles. They prefer to fall, commit suicide and

die after sucking your poisons, salts, and extricate them to prolong your life in the 'WHIRL-POOLS' created by you in your life all around in the name of progress, fashion or helplessness. They speak volumes of you what ever you are otherwise. They make Tagore, Newtons, Painters, Miss worlds, Saints, musicians, Princes and Queens out of you and do not expect a little thanks ! They are supreme, deluxe labels. They make you look 'good—better—best' what ever you are ; what ever you made of your self in your life ?? They are most sincere part of your real self ! When we die, they keep all our summary in the format in DNA-Genes records; as to what we were in this world once upon a time ? None of our limb will tell anything please !

Modern Research—Trends—Trichology : Research on the hair has started recently. Large number of studies are being done and very new and strange facts are coming to light out of hair formats ! I have been reading them in magazines, periodicals and news papers in past ten years and it will be but difficult to give all the references. Books too have appeared after 1990's. But it is observed that very new and strange facts have come to light after studies of hair. The science and technology of hair is very intricate and deep rooted in the Follicle, pigments, proteins and vitamins which make the studies and results quite complex and intricate. Many aspects of hair still evade specific analyses. The process of hair behaviour is very complicated like reasons of early greying even from the age of 10 years. As such, I would describe these trends in brief as follows :

I. The hair play most important role in male-female psychology and behaviour. It has been found from tests that males are attracted greatly by the ladies hair format, shapes, waves and effects. The females are attracted by the perspiration of men. Why is a scientific question not answered in the articles. I researched for three months and found that perspiration is linked with good hair and healthy follicles and there fore with overall a healthy male. Good hair also means good health, less disease, good male power and strength and hard working person.

Then I happened to read on other article that women sub conscious likes to have child from a healthy and disease free man. Therefore, please observe that these two basics are inter

related to each other. How ? Good hair means good perspiration which means good health; which means strong chromosomes; which mean healthy offspring and this means attraction by women. This is nothing but very basic science of genes, life; IQ-EQ-SQ best combinations. Different researches combined together arrive at this conclusive result; otherwise unknown so far ? So, I can now forecast as a habit that hair will help matrimonials in future alliances, instead of astrology, lucky factors or even diamonds ? Good ! Hair are going to be match makers.

II. MALE-FEMALE Hair factor : Ladies are shorter than men in height on the average by 3-4 inches but they have more, thick and very long hair as compared to men. There are very interesting point worth attention between them as :

a— The extra long and thicker hair as these help during low intake during pregnancy, child births and lactation responsibilities for 10-12 months. Hair help to provide calcium, sulphur, vitamin D and other elements during this period and proper growth of the child from only single food 'Milk'. We commonly say that milk is a complete food in all respects.

b—The chances of diseases in general is less in women. In testing, men were found to have double chances of T.B. than women. Baldness is related much more for men than women. Ladies rarely get total baldness. The Creator has in fact blessed women with hair as treasure ; as they are to perform daily duties under odd conditions and every day without fail.

c—Ladies have thick and long hair to 3-4 feet length normally and can weight up to 300-400-500 grams and contain 30-40-50 mg of essential elements or FD in the Bank of health ; as compared to 10-15 grams for men ! So, she is really richer in the hair health in contrast to men.

d—Hair gives women natural charm, beauty, glow on the face and reflections. Extra height and over all sex appeal and attraction for males. The young girls, ladies adorn and frequently toss their hair left and right. Men remain detached from their hair.

III. Observations—Comments—Quotations : Experience matters more in case of hair. Observations and views of experienced persons are given :

1. **Darwin :** The tail of human beings has disappeared, but

hair are rather longer and longest ? What ever nature has given, i.e. every hair is essentially needed.(ii)

II. **Mahinder Singh** Translation by Bibi Paramjit Kaur :

“Martiality and chivalry are connected with hair, beard from past ages.”

One Indian King Nand had problem with preaching by *Brahmins*. He just ordered them to cut the hair. They got very much demoralized and depressed.

III. Principal Teja Singh Amritsar (by -Dr. Chanda Singh) :

“My belief in the preservation of hair has deepened not because Guru Gobind Singh ordered it, but because it is scientifically necessary to do so”

IV. “God has employed one lac security guards in the form of hair for the protection of the brain. The shapes of the hair can reveal 15-20% of our habits, temperaments and several hidden qualities of males and females (Author-1996–Dr Alag)

V. “**Queen Victoria** refused to meet Principal Ram Singh who cut hair and wore hat to please her. She wished to see Ram Singh with unshorn hair and Turban”.(ii)

VI. English lady **Mac Millan** : She embraced Sikhism and addressed as :

“My dear Sikh gentlemen, the **Keshas** on your of your head are not simply hair ; these are those electric wires, which attach you to the Power-House of mighty Guru Gobind Singh Ji and are cultural Crown of the hearty head of “Bharat-Mata”

VII. **Bhai Taroo Singh** : “you can not cut my hair, the stamp of the Guru. You can remove my total scalp instead along with hair intact.”

VIII. **Baba Alla Singh** of Patiala (Punjab) : Baba told Abdali in 1764 A.D. “I can purchase my hair for Rs. 1,25,000/- from you for not cutting them”

IX. **Shahnaz Hussain expert** : She is Indian hair expert of world fame and says : “Repeated colouring causes enough hair damage and straightening would do further damage. Further, to control breaking hair eat sprouted grams or *Chana and Moong* plus, fish, pulses egg i.e. protein rich items. (Ref-Xplore-2006)

“Naturally healthy hair has that luxuriant and vibrant look that cannot be achieved by any best efforts. No hair style however glamorous can work wonders.”

Therefore, it is best advised to maintain natural hair instead of extra make ups ?

X. Dr. Gursharan Singh of Amritsar : * “HAIR is gift of God ; not a burden.

* The condition of health is reflected in the Hair, it's luster and shine”

• HAIR act as Antenna and Radar to catch Solar radiations as TV catch waves

* HAIR assimilate Solar radiations, absorb Vitamin-D, limited in nature.”

The writer as electrical engineer has been telling such things for 30 years. It is great satisfaction to read these facts of experience from so many writers, please.

Hair Diseases-Problems and Precautions :

Now it is the turn of the hair themselves; problems and direct diseases of hair as the whole world is affected by them. The most common is greying.

Greying-Normal-Early-Suddenly : This is the most wide, common and visible problem that the world population is concerned.

A. Normal : Normal greying starts at 35-40 age line starting with beard and progresses slowly. It is due to hereditary factors, Genes, deficiencies of metals, vitamins and potency—factors. As already explained, hair indicate features of health and powers of procreation and sperm vitality. It is fifth nerve linkage. Greying is sign of loss of youth, sterility and Menopause.

B. Early greying : Early greying can start at 20-25 youth and indicates serious shortage of basic metals, vitamins and metabolism roots. This can spread quickly ; being body-culture reason like weak foundation of buildings. It does create bad feeling and depression, loss of personality; leading to dyeing.

C. Sudden-greying : This occurs due to severe diseases like typhoid, pneumonia and severe shocks. Trauma, thefts scenes, deaths, rapes and even divorce created very sudden whitening of the hair, as the hair take on them all these shocks to tell the world about the real internal condition of the persons. In case of poisoning,

they suck the poisons like ARSENIC, DRUGS and start committing suicide by slow falling as Good-Samaritans. They sacrifice, tell the world about the danger to the owner and request for remedy and treatment.

Baldness-Alopecia-Islands on the Heads : There also occur hairless patches, coins shapes or I name as '**Inlands on the sea**'. These are due to damage to a particular section of the body sectors, local follicle, food shortage or problem of roots and the blood flow through micro-canals and many other problems described under diseases chapters please.

Dandruff-Scurf-Flakes : This is the problem is children, ladies and adults too. This is born from scalp-skin problem as the dry scalp layer becomes dry and starts peeling off slowly and sticks to the hair and then falling on shoulders or even clothes as flakes. It due to reduced feed and less oily or acidic deficiency; causing the skin to detach. It causes irritation, itching and even blood oozing in distorted cases. The treatment is oil massage, salicyclic acid with spirit, water, and glycerine. Precaution is use Amla-Shikakai, Reetha water washing and... massaging with coconut and Almond oil and traction. One Ms Suman from beauty parlour of Mohali tells that Suhaga with Sarson oil controls scales of the head.

LOUSE-LICE : It is said that the louse or lice are born from perspiration and spread on the hair as parasites, They lay eggs on the roots of Hair with adhesive and can lay 200-250 eggs in a month. They suck blood and bite the skin surface and can spread diseases like typhus fever, severe itching, sleeplessness, skin infections and even upset children psychology and restlessness in studies. Some precautions like hygiene, clean clothes and undergarments boiled in water are recommended.

The treatments are like D.D.T. application carefully, Lorexane head lotion, carbolic lotion and SPIRIT with 7 parts of water kills them quickly. Then combing and washing carefully. But, PREVENTION is better than CURES ?(iii)

(Ref-Dr Chanda Singh 'Hair & Health')

MODERN TRENDS-FASHION DAMAGE-DEFECTS

It is but very important to describe the modern trends of hair

due to fast spread of FASHION—HAIR trends by dyeing, curling, colouring, perming and straightening ; in past 30 years, the world over ? This fashion has spread faster than plague or viral fever so quickly that; the beauty parlours are mushrooming even in streets. There are enough fashion books? Every magazine carries articles on Hair-Fashion, styles and even SIDE—EFFECTS. The women, ladies and even mothers of all ages are prey to this Hair—PLAGUE; due to copy culture and good money flow? What was taboo for women in 1960's is now common. No control, stopping or even spiritual sermons work? So let us examine the damages.(iv)

1. LIPSTICKS—NAIL POLISH—CREAMS : These items used by the ladies for make ups for enhancing facial features contain chemicals that create allergies, skin problems, rashes, lines, skin patches, spots and many more effects.

2. DYING—COLOURING—BROWN—GOLDEN : There is nothing like natural black Hair, auburn or natural golden of northern European countries. But the beauty parlours spread colour-culture to increase their business and income; now have spread new fashion trend to attract ladies of all ages. Plus 40 are prone to this trend to conceal grey hair age look? But sorry ; it raises taunting questions.

Dying is oldest fashion with natural harmless vegetable colours. But now the chemical colours play havoc like eczema, skin ugliness, asthma and dermatitis. Electrolysis for removing hair cause degeneration and perfumes cause allergies ?

3. BLEACHING—PERMING : Bleaching is a word which means killing the colours spots, stains and shades ? But why destroy the gift of the Creator with strong bleaching chemicals ? Bleaching agents enter cuticle—cortex and outer shine and personality of the HAIR gets robbed, scratched and destroyed in the process and HAIR go weak, fragile, brittle; and falling of Hair leading to thinning ?

4. SHAPES—DESIGNS—FORMS : Ms Suman informs me the art of making shapes. BOB cuts for slim ladies. Knots—rounds for healthy with round-eff shape faces and sides long curls for long ladies. Length cuts are only for shaping and likes? She

confirms that all colouring agents contain Amonia and Alkalies and are dangerous for Hair ;which have acidic scalp and base to be healthy?

My Sprititual-Quotient' only tells that it is nothing but WISH of our modernity KAL-YUGA—culture spread in to pure HAIR of SAT-YUGA : doing the damage to the humanity; polluting ROOTS of Mother-Hood itself and progeny ?

PARLIAMENTORY QUESTIONS... : It would be a very difficult question to ask from ladies "For whom you do all these fashion things after all ? Your husband or your self or your friends or whom please ?? The reply will not come from them? So, let us ask some males; as to how they tell :

1. I can not tell for whom do the ladies colour, trim or bleach the Hair?

2. They do all these blunders for experimentation with their beauty factor.

3. Only ladies can tell what they mean by all these?

4. It is quite strange that most beautiful ladies do more tempering with Hair ?

5. I am clear that ladies do all this to look younger; which they can not....?

6. This is an pastime of rich women? Beauty Parlours agree damage to Hair.

HAIR-HEALTH + WEALTH—PART II

While writing this book I have struck a land mine that wealth is not Health but; Health is surely greatest **WEALTH**. Ask any one with a small health problem as to how troubled he feels, if one has a small angle in a foot; he walks slowly and feels the pinch at every step. HAIR are greatest helper of health parameters from Sun, water, Air at no costs unlike food, milk, clothes and costly things. Hence :

1. Hair act as Ariels, Antennae, receivers and even transmitters of cosmic communication, perceptions and receptions. Nervous systems, conscious and subconscious, The beauty is that they do all this without speaking or complaining.

2. Hair are charged with electricity, which is the Cosmic—Communicating primary source as every thing in the Cosmos started with electrical power which I can term as the OMNIPOTENT—POWER of the Creator. Electricity can create and do any work; change to any Energy like light, motion, heating, cooling, transmitting, and even killing Hair also transmit many waves.

3. The Hair are very fine and hard enough to make a strong shield over the skull to save it from dangers during fights, battles and falls. They create a slippery surface which diverts the striking weapons by slippage science of reduced friction; like our scooters or even cars slip on any liquid or oily roads. So, Hair are all round actors.

4. Hair are indicators of good health in the form of gloss, thickness, colour, shine and length. In reverse order, any deficiency in hair health is sure result of some wrong somewhere in the creator of hair ie body. As such any problem in hair is a resultant disease and not the start. So, the hair problems are difficult to treat medically.

5. Strangely, we do not know that Hair have biological ROOTS and directly linked with Manly—Womanly POWERS of

procreation. Very consciously or unconsciously; males are attracted towards ladies with gross, long and shining hair and women are attracted by a perspiring male; being sign of hard working to earn livelihood. Both indicate good power of health; Egg-Sperm vitality matching.

6. This is related with all Energy Roots. Sun power, water and good food are three basics. As we go north, the fertility goes on reducing as the Sun power, food reduce in very cold climate like Sweden, Norway, Finland, Alaska and Canada. Eskimos living in Green land hardly have a child in 3 years in a family of 20-25-30 people.

7. The hair tell every thing about the character of a person. Energy, arts, painters, dancers, Saints, thieves and even criminals. Hair make every one a separate individual. Film characters are made simply with different hair-styles for lovers, actors, villian, Hero's, simpletons, beggers, Saints, mothers and comedians.

8. We use our total energy systems for even small activity. The best example is a 100 meter race where all our energies, faculties and IQ-EQ-SQ come to operation. This is the TOP athletic race and the winner is considered world topper. This occurs by scientific synchronization of all senses, energies, faculties and features.

9. Good health is not measured by absence of disease or good appearance. Good health is some total of Physical -Mental and spiritual ; IQ-EQ-SQ and balance. If there is any distortion or ill feeling ; we are not in good health at all . Never!

10. In fact to be healthy means completeness or wholeness or oneness with Zero stress or tension of any kind ? This is possible only when our Energy body system is balanced and in equipoise or *SAHAJ*. This is very difficult as the pressures of life throw every thing out of gears.

11. Modern medical culture treat us only in fragmented body parts and not as a whole unit of all Energies. Medicine are only chemicals. Acidic is countered by alkaline, fevers with antibiotics which create a side effect. This is controlled with another chemical as antidote to create second side effect. Another antidote is

required to deal with second side effect. If you are all right; you are lucky..??

12. Brothers , this world will not spare you simply because you are in great hurry and want quick treatment. The natural treatments take low and slow curve for which you have no time . You are SLAVE of time - factor and doctors know it so well that they will not treat you but cheat you for which you are well prepared before going to the doctor. So, they are never blamed for any thing what-so-ever they do and rather we thank them for their 'NO TREATMENT'.. HOW ?

13. I went to a doctor in Delhi in 2005 for stomach problem of my wife. After 10 minutes of sermons , he told us that I do not give much medicines to avoid SIDE-EFFECTS? Good ; we felt and thankfully released fees of Rs. 250/- with practically no medicine . It appeared good ; but it did charge my mind ? After a few days I came to conclusion that doctors have turned psychologists by doing nothing, save their time, earn more and no risk of criticism as he did nothing at all ? Good use of side effect theory. It is commercial treatments now ?

14. Hair make every one of different look , personality and character. This factor is used maximum in the film industry where hair styles are designed to create a different character of same actors and actresses, villains, comedians, saints, Santa Claus or thieves. Without hair styles, the creation of different characters could not be simply possible and every time a new actor would have to be found to create a real effect Evidently. Hair surely indicate characteristics of each person differentially ?

** Recently an actress came for shooting with well made up Hair . The director came near to her and disturbed her dressed hair with hands and she felt upset very much. Then she asked why? Well your role is that of a thief and dressed hair do not look like that of a thief. Now you have 'Thief looks' with roughed up HAIR format. OK! She felt relieved. Hair look make a character.

15. Glowing skin, flowing gross hair, fragrance of body, sonorous voice, light body and equipoise in mind; are the ROOTS of perfect health.

16. Two persons told me that black hair are appearing in white hair. Three such persons expressed that they get shocks if they touch some article like dinning table or lift a glass or touch a car. This happens to people with more energy. Both cases are related with hair. The hair get more charge from clear Sun and the body energy and voltage can rise from normal level of 25 volts to 40- 50 volts; good enough to create a micro flash-shock or vibration spark-chirpings. This doubtlessly proves hair-Electro relationship and electronic waves features of HAIR.

PART—III
CHAPTER—20
SPECIAL HAIR—HISTORICAL HAIR—EXTRA
ORDINARY—HAIR*

By now it is well established that the hair is the most important part of our Body—Mandir-Castle! They are so sincere that they do not exhibit like other parts of the body. Being very silent and sincere workers; other parts of the body and limbs take all the credit of performance. Women take maximum care of the hair, save them, bind them and do not allow them to break. They take care of hair like ornaments, as the hair are real, oldest and natural ornaments blessed to women by the Creator! Falling, breaking or poor hair gives them greatest worry. No or poor hair format is considered ugly, weakness, social disgrace. In India, head hair of 'Widows' was totally shaved as identity. Brief of such histrionics are given as follows :

1. DROUPADI—Queen of Maha Bharat : Queen Droupadi of Pandavas was openly disgraced in the presence of Pandavas and family Gurus in the court by the order of Duryodhan and physically by his companion Jaidrath by pulling out her only body garment '*Saree*'. No one did anything Troubled Droupadi; verbally thrashed all the 'Five Husbands' Later on for showing such a cowardice to save her honour in the court ? All were ashamed ! Later Bhima promised to take revenge! Then Droupadi opened her hair and exhorted Bhima to bring blood from the body of Jaidrath on an oath and till then she would not bind Hair'. Bhima kept his promise; killed Jaidrath and brought his blood. Droupadi applied it on hair to fulfill her oath.

2. Powerful Hair of SAMSON—The Invincible : Samson is known for his power and being invincible; as his hair had super powers when they grew more than about two inches, unknown to others except his beloved Delilah. No one could defeat him and the King connived with Delilah to cut the hair of his paramour Samson. She did the blunder and Samson was attacked and

blinded. But after some days his hair length increased during this period itself, and his lost power returned. He created havoc all around but was hurt badly with falling stones of pillars broken by himself. He died of wounds abusing Delilah for her deceit.

3. Baba ALLA SINGH of Patiala : Baba Alla Singh had established his head quarters at Patiala in Punjab after hard labour around 1763. He was great expert and strategist in war politics. Ahmad Shah Abdali had killed 20,000 Sikhs in 1762 in one day marathon *Ring-Battle* near Maler Kotla town, 70 km from Sirhind in Punjab. He now wanted to subdue Alla Singh and called him to Sirhind. Abdali knew that he will not easily submit. So he asked Alla Singh to shear his hair. Alla Singh was in dilemma. He would neither cut his hair nor could annoy Abdali. He asked for some time and found that Abdali was very greedy. So, next day he offered money in lieu of his respected hair. Abdali thought that he may pay about 5,000 rupees and jokingly asked as to how much money could he pay for his hair. Baba Alla Singh replied that he can pay 1,25,000 rupees for his HAIR. Abdali was astonished to hear this huge amount he could not imagine. He at once agreed. Baba Alla Singh was extremely happy as he considered this big amount too small for his hair, the symbol of the GURU. There after, Abdali, respected him much more and confirmed him as Leader or Nawab of the area. This is but one of the many examples for regard given to their hair by the Sikhs. (A devout Sikh considers unshorn hair as not only his possession, but as a gift-symbol and flagship of the GURU) ...Ref....(i)

4. Hair-Immortal-RELICS : Hair being immortals, are kept as 'Relics' of great persons for remembrance over centuries. Hair of Prophet Mohammad are kept in a shrine in Kashmir near Sri Nagar, at Harzbatul and Deoband near Hardwar. Pir Budhu Shah of Sadhoura town near Kurukshetra had to join the army of Guru Gobind Singh in a battle against 22 hill Kings in 1686-AD at Paonta Sahib near Dehradun as 500 muslim soldiers got recruited by him had deserted the Guru. Budhu Shah lost his two sons and half of 700 of his soldiers and defeated hilly kings. The Guru wanted to reward him for sincere devotion! When he came to take permission to depart, the Guru was combing his hair with a soldier standing near with his Turban. The Peer asked for some

of Guru's hair. The Guru gave him the comb with hair in it, along with the Turban. The Guru also gave him a-Sword—robe of honour and also 5,000 rupees for distribution among his disciples for bravery. (Long later the Peer was got killed by the Emperor Aurangzeb for siding with the Guru)

5. Each Hair sings GOD's Name : In Indian philosophy remembering God's name is termed 'Romm-Jap'. *Romm* means cell-hair and *Jap* means recitation or singing God's name, praises in songs—kirtan. The devout is so much submerged that each hair sings silently and may become charged with spiritual potential to be erect. This technology can be better understood with following case :

There was a devout aged saintly sikh at Ludhiana in Punjab, who performed recitation of scriptures, *Path* and meditation regularly. He used to tell his friends that one should perform services to Almighty with each hair i.e. '*Romm-Romm-Japp*'. Time passed and one day he fell ill and went to hospital. Friends came to see him. He was quite cheerfull and expressed that time is near but I have no fear. One of the friends expressed that he used to advise them to do '**Romm-Romm-Jap**' but what is really that; no one will tell us after you. The aged saint became emotional and just got up smiling. O.K., he said and started recitation of hymns with closed eyes after a few minutes, he was totally absorbed in tune and his Hair on body and face started raising by and by! His face was turning pinkish. All were watching with curiosity and the hair on the arms, face, eye brows and moustache stood erect like grass. All stood in silent mode watching the simple miracle of a simple saintly old friend with folded hands and magnetizing fix! Great. Then he broke his bond with his Creator and all thanked him for the unusual demonstration ! Small incidents also happen with us some times, when our hair get up with sudden shocks, shivers, loud sounds or jerky feels. Therefore, hair are clearly Godly spiritual, powerful, charged as multiplier of powers to extremes. Sri Guru Granth Sahib explains like this :

"Rome Rom Rom Rome Mai, Gurmukh Raam Dhiaaee Raam" (SGGS-443) :

With each and every hair; hair of mine, I concentrate and synchronize with the Formless.

6. Steel-Hair Extra ordinary : It has been mentioned earlier also that 'The Tenth Master, Guru Gobind Singh, on Indian new year, Baisakhi day, then falling on March, 30-1699 A.D.; asked for human heads for his '**Hungry-Sword**' in an open annual gathering ? The panic can be well imagined . One, named Dharam Chand of Lahore came forward ! The Guru took him to a tent and came out with blood drenched. 'Sword' and asked for more heads ? All started running away crying that The Guru appears to be gone mad that day ? But, four more offered their heads subsequently and the Guru did like wise with them ! After some time Guru came out with all the '**Five**' well dressed with '**Turbans**' on the heads! Great surprise to small numbers left there, out of over 80,000 gathering. Then the Guru prepared Nectar or '**AMRIT**' and baptised all these '**Five-Beloveds**'. Then he announced the formation of Khalsa with suffix name as '**SINGH**' henceforth; meaning ordinary persons transformed to '**LIONS**'.

They were to keep full Unshorn Hair or **Kesha** in with a Turban plus Comb or **Kangha**; a steel bracelet or **Kara**, a tight under garment or **Kachh** and a Sword or **Kirpan**; all called -5 K's – He then himself partook '**Amrit**' from these five disciples and likewise changed his own name from '**Gobind Rai to Gobind Singh**'. This is a very brief of great event to transform ordinary men into LIONS. Thereafter, all runners came back and 20,000 got Baptised' on that one day and a wave was created. Sikhs became a dangerous force of down trodden to challenge the whole Mughal Empire ! There after, it is terrible history of turmoil, torture sacrifices and survival of the Sikhs. Ultimately they captured Delhi in 1783 A.D.

Sikhs would never allow Hair Turban to fall and the Hair to be cut/shorn at any price or sacrifice and considered them as a '**STAMP**' of the Tenth-Master!

With this back ground, now it is the real strange story of Steel-Hair of Bhai Taroo Singh of V. Poohala near Amritsar. By 1740's the Moghul started torture of Sikhs by fixing awards like; Rs. 40 for capturing and Rs. 80 for killing with unshorn-hair-beard as the reliable proof ? So, Sikhs went to hide outs. Bhai Taroo Singh and his sister would ferry cooked food on their heads for them. On a complaint of informer Niranjan Mahant of

Jandiala near Jalandhar (Punjab) his sister was got arrested by Zakaria Khan, Nawab of Lahore. But she was got released by Sikhs at a huge ransom of Rs. 1,00,000/-. But things did not end here ?

Then, Zakaria Khan ordered arrest of **Bhai Taroo Singh**. So, he was captured and his hair was ordered to be cut. There are two versions of this incident. When the barber came with a cutter, Bhai Taroo Singh started recitation of hymns. His hair became strong like steel wires and the cutter of the barber could not cut his hair . Having failed he reported this to the Governor!

The Nawab well understood the powers of hair of the Sikhs, but in his adamancy, he then ordered to remove the scalp itself along with hair. The barber again came with the new directions; but he was quite upset now ! Bhai Taroo Singh prodded him to carry out his duty and started recitation of Jap-Ji of Guru Nanak. Then the barber started his job of scrapping of the scalp and 'Blood' started flowing all over the shoulders. The barber kept on scrapping slowly till the whole scalp was dingling with the HAIR in barber's hand. (See Sikh History paintings) Bhai Taroo Singh, withstood whole the ordeal linked with the Guru. (See sketch)

In the second version, the Nawab ordered his hair to be removed. Bhai Taroo Singh expressed that he will not allow cutting of his hair; being stamp of the Guru. So, the Nawab ordered to remove the scalp itself with hair. The second version is considered more authentic as per discussion with many scholars. Now comes the climax of the tragedy ! Bhai Taroo Singh was thrown in a ditch. There was utter Shock all over the area. Even muslims expressed that a saint has been tortured without any fault.

Zakaria Khan started feeling difficulty in passing urine. His system was jammed ! Doctors were called but all failed by and by ! The next day the problem got complicated. On the other hand, Bhai Taroo Singh was lying in utter pain; but thanking The Guru for saving his hair! Zakaria's men were running all round, but found no way. Then they approached Sikhs for help and they expressed that only Bhai Taroo Singh can do some thing and none else. But who would approach him ? After search, one sainty sikh was requested to invervene as the Nawab was in

great pain. The saint went to Bhai Taroo Singh lying in great distress, who expressed that Zakaria would lead him to Bhai Taroo Singh lying in great distress, who expressed that Zakaria would lead him to the next world i.e. Zakaria would die first. Then he gave his shoe to the saint explaining that as you will go on striking the shoe on the head of Zakaria, he will start passing his 'URINE'. This was exactly done and Zakaria's hold up urine was getting released with each stroke of the shoe! He felt great relief from the pain. It took good time and his attendants expressed thank fullness ? But it was not the all ? Zakaria felt quite uneasy and his condition deteriorated so quickly that he expired. Bhai Taroo Singh was waiting for this news. He thanked The Guru for his blessing to redeem him from the trouble and then released his mortal body there after. (To follow Zakaria Khan, as he had left first.)(ii)

This is recent happening of 1745's AD period; a strange happening of Sikh history from many considerations ?! Bhai Taroo Singh even pardoned his tormentor as a true sikh disciple of the Guru's; who always pardoned the defaulters as a fundamental philosophy of the Sikh-Religion! Sikh history of 18-19th century is full of so many such examples that large number of painters have made hundreds of paintings; devoting full life for paintings; which have unending historical format.

CHAPTER—21

HAIR—RELIGIONS—SPIRITUALITY—P.M.S. SIKHISM WAY TO RETURN OF THE HAIR

We have covered quite good scopes in the science and technology of HAIR. How much the hair has been cultured, respected, nurtured, then mal treated, sheared, cut, blemished, punished, tortured and tonsured ? The hair never complained and again grew after after sometimes; unlike other limbs of the body Religion and Hair go together the world over. Budha, Christ, Mohammad; all respected hair the most. Jews, Bohemians, Indians, Europeans, Africans and Asians, all kept full hair in general up to 17th century. Those with less hair or bald heads added wigs to conceal the baldness; specially the Kings.

British soldiers kept beard and moustache as insignia of bravery. They well cared for their moustache coiled, elongated and even touching the ears, but not trimmed and old paintings of battles in India show all this as a real proof. This did help Sikh soldiers as Englishmen respected their unshorn complete personality in tact. Rather they preferred Sikhs with hair in the army in contrast to others understanding that they fight till last breath. Muslim moulanas, Masjid heads, cover their heads for reading *NAMAZ with Saffa—Dumala*. Other variations of the names of Turban or Kulband—Chanla – Cheera –Dastar. Dutch call it *Kulband and Surband* by Iranians. Turban has great respect in Malasia, as it was a royal wear of the Emperors. Egyptians call it 'PAYAR' and is buried after death with the dead body as a respect. Peers did enhance hair-turban culture the world over. They also cover the hair with a 'Turband or Dulband' specially south West Asia i.e., UAR-Iran-Arabia-Turky-Afghanistan-Pakistan and all over India of course. ..Ref.....(i)

(By ...Dr. S.S. Alag..... The Hair—Power—The TURBAN.)

Most of the world religions were established with full hair as

the basic Godly signatures and linkage with the Almighty. Without hair a person was considered incomplete or irreligious and even socially undesirable ? The Hair was linked to spiritual ENERGY and wisdom factor. It was definitely a distinction mark of religiousness. Therefore, it can be derived technically that the women are fundamentally born religious and also are more attached with religion formats as compared to men ! Go to any religion and this reveal will stand correctly in order. This is my observation of 20 years and well researched subject. Women do service than ego demonstrations or claims or boasting; as they do in bringing up the children. Good. Benjamin Franklin rightly expressed that 'hair is the best ornament of the ladies' Moreover, for Indian ladies, the religion of life resides in the hair; as they apply red-vermilion or '*Sandhur*' in the partition of the hair to indicate to the world that she is a married lady and no one dare to trample upon her status.

During the period of the Great Ashoka and ten more centuries i.e. 3 BC to 8th AD, males, soldiers, courtesans and kings, all kept full hair bound as a knot with turban. The ladies decorated the hair in so many artistic designs that the sculptures of that period are famous all over the world! In spite of their short stature, illiteracy and darkish skin; they looked very well presented in the society and dominated in the affairs of life, working habits, healthy and equal partnership in the social set up. I, cannot but give credit to the wealthy hair energy of these women. After the onslaught of Pathans in 8th AD, the deterioration started. Indians were enslaved, by the Pathans like Kutubudin, Altmaz and Razia-Sultan in 9-12th centuries.

Moghul-Era-Tortures : Then, it was the turn of Moghul kings to rule India by suppression, dominance, discrimination, forcible conversions, heavy taxations, bans and demoralization techniques; specially in Jahangir-Aurangzeb Periods. Aurangzeb was staunch Moghul and ordered forcible removal of '*Sacred-Threads*' in thousands daily, shaving of heads and forced conversion methods specially in Kashmir, Punjab, Uttar-Pradesh, destroying

religious places, heavy tax on the Indians. Situation was made so bad that poor Hindus converted to Islam to save their lives and families. The Hair was in great danger.

Exactly parallel to this, a religious phenomenon was already going on and was started by Guru Nanak from 1500 AD, when Babar, the Moghul attacked India ? Guru Nanak passed on his Light to Angad, Amardass, Ramdass and fifth Guru Arjan Dev, who compiled the writings of four Gurus and his own hymns into a great compilation respectfully named as *ADI-GRANTH* in 1604 A.D. It was edited and compiled in very scientific-Techno-Electromusical measures; less known and not easily understandable; not easily presentable; as 31-Musical systems are to be rendered differently with different hours of the day. Having been designed in perfect musical culture of Indian classical music; it is highly scientific, technical and very very deep musical measures of 'Ragas' making possible synchronisation with the 'Supreme-Creator' by perfect singing at higher stages. Quite difficult to achieve please; but also possible as musical meditation at synchronised supreme level of SOUL. This is but only scientific process to synchronize with the '*Creator-Nirankar-The Formless-or The Invisible.*' This sent tremors to Moghul Emperor Jahangir at Delhi and presented a threat to Islam. Jahangir even termed it a religious-shop opened by Guru Arjan Dev at Amritsar in Punjab state ?

MARTYRDOM of GURU ARJAN DEV : The above situation created a basic rift between Islamic ruler and the new born Sikhism. In June 1606, The fifth Guru was tortured by making him sit on a big hot pan with fire burning below it! Over that, hot sand was thrown above his head. There were large blisters and blisters all over his body ? But he was synchronized with the Creator Wahe-Guru. Such a slow torture is unheard ? Muslim saint **Mian Mir** expressed to teach a lesson to the ruler. The Guru rather questioned as from where he got such powers ? This is but a demonstration to your old question "How can one feel cool and joyous in the hottest, as written in the *Adi-Granth*.

Now see the heat of hottest June; fire below, burning hot sand on my head; see me silent, cool, calm, my smile, no complaint!! But one with HIM!! Thou are satisfied about the truest scriptures of the Adi-Granth now ? Mian-Mir broke down. The Guru thereafter wished to bath in river Ravi nearby. He then walked to the river forever, forever ? This is how compiler of the scientific 'Adi-Granth' (**Sato**=Truth) was treated by (**Rajo**=Rule-Power). This is philosophy of "**SATO-RAJO-TAMO**" triangle of our Roots. This is being given here as it is linked with the return of hair in 1699 AD. (SATO=Truth..... RAJO=Rules..... TAMO.... EGO=Selfishness)

CHAPTER—22

MARTYRDOM OF GURU TEG BAHADUR

After this martyrdom, Har Gobind, the only son of Guru Arjan Dev; aged only 11-years, was accorded Guru ship by 100 year old, Baba Budha ji, then living deciple of the very first Guru, Nanak Dev! The Guru wore two Swords' instead of one. The first sword meant for leadership *meaning 'Meeri'* and second signified *Saintliness meaning 'Peeri'*. A natural rift had been created between the Islamic ruler and the newly born Sikhism . The sixth Guru kept small defence of about 2000 horse men soldiers. He was forced to fight four battles by Moghuls and won all of them with only 4-5 thousand soldiers . Teg-Bahadur, one of Guru's son, aged 14 only, fought very bravely in the first battle at Kartarpur near Jalandhar in 1635 AD and the Guru renamed him as **Teg-Bahadur**; meaning great '**Sword-Fighter**' (9th Guru in later on in 1664 AD). Guru Har Gobind had great personality. He was 6'-3" height, weight about 400 Lbs (as assessed from his old garments in 1999 AD) and easily carried two long swords on his left and right each. He put a stop to the on slaughts from Moghuls and it was calm during the periods of 7th Guru Har Rai and 8th child Guru, Har-Krishan of only 5 years. Then Guru Teg Bahadur was traced out from his 26 years of secret meditation at V. Baba Bakala in 1664 AD; as fore told by the child Guru while sacrificing his life suddenly at age of only 8 years, by inviting Small-Pox on himself to save thousands of small pox ridden children around Delhi. As there was no visible Guru, he had fore told his followers that the Guru is at V. Baba Bakala by raising his small hand towards that direction of Punjab. Guru Teg Bahadur was very serious and detached posture after such long synchronized meditation for over 26 years. He travelled to Delhi, then to Allahabad providing wells; then to Patna and eastern Assam areas preaching the new religion and reformations from blind faith and rituals like black magic of Bengal. His only son Gobind was born at Patna on 22 December, 1666 AD. Delhi was ruled

by Moghul emperor Aurangzeb, who was a staunch ruler and tortured Indians as already explained. This forced the Guru to return to Punjab at Anandpur Sahib head quarters. The son Gobind Rai followed when he was grown up. The tortures of Aurangzeb had surpassed all limits. So, Hindu Brahmins from Kashmir went to the 9th Guru in early 1675 for shelter and redeem the unbearable situation created by Aurangzeb. They presented that they have lost all strength and are totally helpless poor . The Guru pondered, thought and then expressed that a great person may have to sacrifice in such a situation . The son Gobind was listening all this intently and very naturally expressed that “at that time, who is greater than the Guru himself ?” The Guru was rather pleased by hearing such seasoned advice of the son Gobind Rai. After a serious pause, the Guru asked the leader Kirpa Ram that they should tell Aurangzeb to convert Guru Teg Bahadur alone and they all would follow him by conversion to Islam . Good ! they thankfully expressed and informed Aurangzeb at Delhi, who was more pleased ?

After sometime the Guru started his journey towards Delhi for impending Martyrdom ? On the way he stopped and stayed in villages and towns like Patiala, doing social services, preaching and teaching people to live a respectable life, defend for security themselves by fearlessness. He reached Delhi in October end and met Aurangzeb to sort out the differences. But the adamant ruler expected The Guru to agree to his views to blend Sikhism with Islam. When the talks finally broke down he ordered The Guru to be sentenced to death by sword. The Guru was already prepared for such circumstances . He then sent his confident to his son Gobind Rai in Punjab with a small question . Bhai brought the reply from Gobind Rai.

The 9th Guru read the reply and was very satisfied for transferring the Guru-Ship to Gobind Rai of only 9 years age ? He preapred himself for the last day by sending the deciple again with instructions to accord the GURU SHIP to Gobind Rai. On the fixed day, Guru Teg Bahadur sat under a tree in **Chandni-Chowk Delhi**. The Jalad, the slayer, was rather fearful; but the Guru told him that “I would start reciting Gurbani hymns, keep ready and strike the Sword as soon as the recitation of hymn

comes to end ? The Guru was submerged in recitation, fully synchronized with the Creator, slowly closed his recitation; bowed his head to the NIRANKAR-WAHEGURU. (Formless Creator Supreme) And at the same time the Jallad struck his sword on the GURU's neck ?

Books and books, poems and ballads have been written on this Martyrdom by a GURU for the security of the Kashmiri Brahmins and for the sake of saving the sacred thread and sign of 'Tilak' of the Hindus of India! It is pertinent to mention that on the day of Martyrdom, a dark storm appeared in the evening. One disciple Bhai Jaita took the head of the Guru to Anandpur Sahib and inspite of gaurds around, a passer Sikh loaded the body on his cotton cart, reached his hut in the storm, placed the body of the Guru inside it and simply put his hut on fire as cremation rites ?

There was commotion where the body and the head of the Guru has disappeared inspite of strict and guarded vigilance ? It was quite shocking for the ruler! On the other hand Bhai Jaita reached Anandpur Sahib; walking 200 miles on foot at nights ? Guru Gobind Rai creamted the head there and named the place as '*Kesh Garh*' Sahib. In Delhi, the place is known as *Rakab Ganj*. The word '*Kesh*' means Hair! the hair some how was latently linked with Anandpur Sahib!!

The situation like that of Guru Har Gobind; in post Martyrdom period of Guru Arjan Dev; again appeared with Moghul's chronic attitude. Child Guru Gobind Rai was growing up through education formats of Persian, Punjabi, Hindi and Sanskrit; with military training on top priority. The Guru started writing great literacy books, hymns and poetic history. By the age of 20 years, he had a team of 52-saintly poets, writers and poetic history. 2000 dedicated soldiers; ever ready to die fighting, as Moghul armies were attacking frequently. Most of the Gur-Bani hymns like *Jap-Sahib*, *Akal-Ustat*, *Bachittar Natak* (Drama) and lot of philosophical, historical and characteristic of human basics were written at this small teen age. The matter density, diversity, descriptive style, brevity and effective word technology; is unsurpassed so far. Thereafter, the Guru remained engrossed in defensive battles; fighting 14 battles in 20 years and winning all of

them with only 2500-4000 soldiers against ten times the army of Hilly rulers and Moghuls. How all this was feasible ? The first Guru Nanak and all following Gurus, eliminated social status discrimination, biases, untouchability, gender inequality; to restore oneness of all humans ! The tenth Master Guru Gobind Rai, further firmed this up by recruiting poor, down-trodden, rejected poor classes, Hindus, untouchables simpletons in his small army and trained them into strong, determined, do-die dedicated soldiers; who proved their mettle by winning all 14 big and small battles against odds of great numbers and better weapons. The reader will be surprising why and how I am giving these details in the book of Hair ? Well I agree. But this is latently linked with the **“Return of the hair”** shortly. All this is linked with the Hair, as a necessity and we all know that necessity is the Mother of Invention to be Invented. So please bear with me just 20 minutes more for the sake of our ‘HAIR’.

With all types of Indians in his army, there occurred natural problems of identification of dead soldiers in the battle fields; as the Guru cremated the martyrs as per their religion or custom very respectfully and personally. He blessed them with great honors! He expressed many a times that he would create such a soldier that will be seen and recognized among thousands ? There were large number of Hindus who still believed in rituals. There was one Keshoram, who worshipped Goddess Naina Devi in a Mandir at a mount, visible from Anandpur Sahib ? He convassed others and boasted that the Devi is visible to him and can please her to give appearance to others also ? The disciple Sikhs complained to the Guru to avoid any problem among the soldier’s psyche due to rituals. At last the Guru one day in August 1698, asked Keshoram to bring out the Devi from the idol of the Devi. He said that he has to perform long rituals before that. The Guru ordered to provide him large quantity of worship materials to start the process.

This episode is normally not reported in such details in the history. I some how treat it as prelude to the culmination. To be brief, nothing happened for 5-6 months and Kesho ram was asking for more materials to gain time. The Guru sent his observers and Kesho ram felt the pinch now as nothing happened for long

time. The patience was withering on both sides and people felt shaky, but the Tenth Master wanted full exhaustion . Then in March Keshoram expressed that the Devi may need sacrifice. The Guru gave him more days and last bags of materials . Some people also went after Kesho ram to bring out Devi out of the idol there. He was in a fix now. Around third week of March, the Guru himself reached the mount of Naina–Devi . Now Kesho ram told that the Devi will soon appear ! So many people flocked there, which troubled him and asked them to wait outside . But he dared not ask the Guru like wise and fabricated a strategy in his mind . At night he started worshipping loudly making an impression. Then he told the Guru that Devi is asking for a sacrifice of a saintly person. It will be best for the Guru to grace the good chance here ? He was trying to gain time by this strategy. It was late night and the Guru told him that Kesho ram himself being great worshipper of the Devi; was the best sacrifice for displeased Devi . Kesho ram, quite clever as he was, sensed the danger . He then made some excuse to go out side and ran away from the scene. The Guru also wanted this and did not believe in such sacrifices! But this has to be shown to the people. Running Kesho ram was seen by some people, but Kesho ram cried that Guru seems to be dangerous. The people came to the Mandir and found Guru in good humour there. People expressed that they have seen a running Kesho ram. We have doubts that Devi did not appear at all.

Then the Guru put all the balance material into the fire place. The material caught fire at once and the flames went up very high and bright. The Guru said loudly that the real Devi has appeared and waved his *Kirpan-SWORD* in the air. This is the *DEVI* real; our saviour Goddess—*SWORD! BHAGOUT!* The people were mesmerized ! Then he walked down the hill announcing that real **Devi is the ‘Sword’ which defends us;** saves us; and our families from the enemy and not that Devi who takes human sacrifices! The villagers on route came out at late night to see the fire balls visible glowing all over and far distances ? Next day news spread all around that the Guru has created Devi out of fire and Kesho run has ran away from there. This event is

but very well related to the situation. Without such convincing logic, doubts of the people would not have been washed out in contrast to the teachings of the GURUS for over 200 years. I personally term it a scientific, logical, psychological and convincing reply of all the modern six questions “*Which–Where–What–How–Why and When ???*”(i)

I beg pardon; but this is my scientific style of presentation! This important episode is normally not so detailed in the large number of Sikh history books. But somehow I find it very basic prelude to the Return of the Hair and Invention of Khalsa on 30th March, 1699 which better needs a separate chapter not planned earlier by me. So, let us have a 3-D view of this greatest ‘*INVENTION*’ of human history; and Transformation of people in the coming chapter.

CHAPTER—23

RETURN OF THE—HAIR

CREATION OF KHALSA—SIKH

With the brief history of the Martyrdom by two Sikh GURUS, fighting battles after battles for self defence, without grabbing a single piece of land, the Gurus laid the practical roots of balanced human life, as never done before by any one. All the hundreds and hundreds of battles, wars and even epical wars like Maha Bharat, were fought for land ? The great universal message of GITA did not stop wars ? The Tenth Master was to arrive at the final solution of human maladies born out of our Five-EGOS. This was a research of over 200 years by churning out of real life problems, social forces, compulsions, pulls and pressures of worldly life ? Difficult; very difficult to be achieved in small time, or one life. Every good message had to be proved in the public by persistence of all kinds; at every stage of practical life, not done so perfectly in the world history or any other religion in a scientific manner.

The format for the total transformation of human system was developed very scientifically, technically, morally, inventively and practically by the ten Sikh Gurus for over 200 years. Caste, gender rich verous poor exploitation was eliminated in a slow and steady convincing manner for which great volumes, books, treatises, translations have been written over past 300 years. All categories like carpenters, weavers, poorest of poor, destitute, barbers, down trodden, Rajputs from Rajasthan and even muslims, had come to join the small brigade' of the tenth Guru voluntarily without any greed and to die for the Guru commands . Right from the times of the first Guru Nanak, the disciples kept hair, without any forcing by the Gurus ! The Guru respected all other religions and their freedom. The Hair other wise; was very well respected as a part of Sikhism in general.

The annual year was celebrated every year in the past at Anandpur Sahib with disciples and others coming from long distances all over India and even Kabul-Kandhar. That year the

Baisakhi-day fell on 30th March 1699 AD. The Guru had kept everything a personal secret. He had got a tent erected near the main podium site. There was a gathering of about 80,000 persons from far and wide. Continuous rendering of Adi-Granth was going on. On the completion of the recitation, the prayer by the Guru completed this process. Then all were attentive to listen to what the Guru was going to preach on that annual D-Day. He must have first spoken about the prevailing dangers, fighting over past decades, sacrifices of soldiers in the battles and the attitude of Mughals. He, surcharged the scene in a 3-Dimension description of the achievements of the selfless soldiers from lower strata of society. He must have praised and thanked them on this New-Year-Day. Whole the gathering was fully mesmerized when the Guru pulled out his *Sword* suddenly ? All were astonished as to what the Guru was doing ? Many were rather terrified. Then the Guru announced that his sword is hungry. There was hush hush all around . Let some of you come forward and offer his head to my Sword. There was a dead silence all over! No one Came forward. Guru again announced it, but the people started running left and right; fearing lest the GURU catch them for sacrifice. Oh! What a commotion might have been there ? Then the Guru came more forward and exhorted that you call yourself my disciples; but there is not even a single person who can quench the thirst of my sword and prefer to run away. The Guru must have pointed his hand towards them when one discipline stood up and started moving towards the podium ! All were amazed .

The GURU caught him by the arm and pulled up the platform. All looked up to see what was going to happen..? He asked for his name and he told that he was one **Daya Ram** from Lahore. The Guru confirmed openly whether he was really ready to taste the Sword. He bowed his head in obedience ! Many stood up to see what the Guru was going to do; where as many a more fled fast to near by shrubs to hide. The suspense can only be imagined.

The Guru took Daya Ram by arm to the tent ! A thud sound was heard and there was painful voices from all corners. Many ran away fast and attendance was reduced. Suspense heightened as time trickled ! Then The Guru came out with blood soaked sword waving in his hand. Listen thou here, my darling *Sword*

wants more of you. Is any one more prepared. The people had thought that Daya Ram has saved them. An other person was seen going towards the dangerous place. The Guru asked his name which he told as Dharma of Hastinapur-Delhi. Guru caught him by the arm and he was also taken inside the tent. Those sitting at the ends started moving away. Again there was a sound and the Guru again came out flashing the Sword in the air and repeated "Is there a third one more who can come forward. (It is told that blood was observed coming out of the tent) There were silent cries! The Guru again repeated his demand and one more person was seen walking, telling his name as Himmat Rai of Jagannath-Puri in Orissa State of East India.

He was also taken inside the tent and treated as earlier. The process did not come to end till 'Five' persons offered their heads to the Guru ! There was utter silence as Guru did not come out this time. All feared that he will just come to ask for more...! But good time passed, throwing up dead silence all around and people still leaving the place to save them. Very small numbers were left in waiting at the site. Then after good long gap, the GURU was seen coming out side with all the five following him in new clothes and Turbans on their heads ! All stood up to have a look in fear phobia ! No one could believe his eyes in surprised disbelief; as all the present were ridden with terrific fear even up to that very moment. There was a chilling surprise all around !

The Guru then introduced these newly dressed and turbaned five as his '**Five-Beloveds**' or '**Panj-Piyare**' ! Those very five who had offered their heads. The people could not believe all this as they had seen blood flowing out of the tent . Then the GURU asked all to sit down calmly. Those hiding in the bushes were seen returning ashamed. Then a big iron bowl was brought. The Guru put water in it and started reciting hymns as well stirring the water with his double edged dagger called '**Khanda**'. All were watching in mesmerized silence ! Then Jeet Kaur, the elder wife of the Guru; came with sweet sugar tablets and put in the bowl to make it sweet. Guru thanked her for her sweet feelings of a Mother, or the AMRIT being prepared could have gone too much curt. After over an hour the Amrit was ready. Then Guru stood up and offered the Amrit to Daya Ram, who bowed with folded

hands and partook the Amrit as poured by the Guru! The Amrit was offered turn by turn to all the Five-Beloveds. Then the Guru announced that hence forth Daya Ram will be known as Daya Singh, Dharmma as Dharam Singh and so on Himmat Singh, Sahib Singh and Mohkam Singh; transforming down trodden weaklings into lions or '**SINGHS**'.

Then the Guru did an other surprise and was seen bowing requesting Daya Singh to bless him with the Amrit. How can I do that ? You are the Guru Sir ! Please offer me the Amrit as I did offer to you! Daya Singh was quite reluctant. The Guru might have explained the reason that 'My beloved Daya Singh, how can I be like you without partaking Amrit, as you did ? Then Daya Singh offered Amrit to the Guru Sahib and thus, Guru's name was also changed from Gobind Rai to **Gobind Singh**. All those ran away had returned and the vast ground was again full. It was great happening in the human history. Then The Guru explained that he has created KHALSA' in the five beloveds, as pure and perfect human in the form of 'SIKH' personality; a complete person. A baptized Sikh will wear 'kesh' 5-K's as :

1. K-They will keep full and 'UN-SHORN HAIR' the very first essential property *KESHA*.

2. K-Keep a wooden 'COMB' or *Kangha* as tucked, to clean and maintain the hair.

3. K-Wear a tight nickker or '*KACHH*', as a symbol of discipline and character.

4. K-Wear a Iron 'BRACELET *Kara* on the wrist as distinction and security ring.

5. K-Keep a full 'SWORD=*KIRPAN*' hung on body for defence any time.(i)

Then the Guru explained in details the requirements of the situtaion, stormy future, difficult days and to keep ever ready to defend, fight and sacrifice till last end. The Almighty - **AKAL** is with you all ever ever! There was emotionally charged feel all around. The transformation was a great Miracle unheard ever! Guru told that; who so ever partakes Amrit will turn into a Lion and can not be defeated till his death. He will be blessed with immense powers, tolerance and great virtues and will be respected as a dependable person in this troubled world.

* He will never run away from the battle field or any responsibility of life.

* He will be and ever ready to meet any challenge even if alone; being equal to 1,25,000.

* He will respect WOMEN of all ages as their sisters and ensure their security.

* He will be recognized among hundreds and thousands for his actions in life.

* He will respect hair like a worship, never allow the Turban to fall or disgrace.

* He will fight from the front and never show his back or attack a running enemy.

* He will undo his caste identity, birth, position, pelf and loose his **I-ness**. The matter is very long and there are volumes on this subject of Casteless-Democracy; written by Western writers, Sikhs, Muslims, Hindus and all.(ii)

There was a great subcharge and many wished to partake Amrit. The five chosen ones were given this responsibility. The baptism went on and on. Then the Guru advised to vacate the place. Shortly a sparrow came down and started drinking Amrit from the bowl. Guru told all to see the sky ward. The sparrow went after a hawk in the sky, fought with it for quite sometime and made the hawk fly away. The message was very clear to all. The sparrow had tasted *Amrit* and became powerful enough to challenge even a hawk. Then Guru expressed that :

I, will make a single Sikh, to fight with 1,25,000

I, will make sparrows to challenge and tear the hawks?

Then only he will term himself GURU...GOBIND SINGH.

This he had just shown at site. This has been considered the unique, greatest, fantastic and Techno-scientific by all the writers the world over without any dissent over 300 years. I am non entity to explain further except my new languages of Electro-techno-Cosmic words as they come to me naturally that :(iii)

“Guru Gobind Singh transformed 25-40-60-100-Watt; poor and discriminated people into 1,25,000 WATT Transformers/Power Houses. This may please not be considered as any publicity of Sikhism. This is not the scope. I have to describe this transformation as it is designed by the Tenth Master basically on the Electronic-

Power of HAIR. Sikhs were tested for a century to prove it hundreds of times; with a few events as follows :

1. The head quater at **Anandpur Sahib** was surrounded by Moghul army of half million in 1704 A.D. The Guru left after 6 months in December and crossed flooded Sirsa river, family scattered and only 40 reached V. Chamkaur Sahib at 30 miles. Next day, it was 40 sikhs against a half million army. Fighting in batches of 5 started. Guru's son, Ajit Singh of 18, fought for an hour; to be then attacked enblock to kill him against rule of parity. Guru sent his second son Jujhar 14, will fully to heroic fight and to meet the same fate.

2. **Banda Singh Bahadur** : The Guru sent Banda Singh from Nander in South India in 1708. He stormed areas from Karnal onwards, destroyed Sirhind, killed the Nawab, who ordered bricking live the two small sons of the Guru; aged 9 and 7 only. He got captured in 1716 AD; taken to Delhi with 700 Sikhs. All killed in batches of 100 daily and then his son of only 4 years was butchered in his lap. Banda expressed fearlessly "**Death is a must. It is to be. It will be ! Then let it be; as per HIS WISH and PLEASURE...!**"

3. **Bhai Mani Singh**, remained with Guru till end; was cut limb by limb in 1738 ?

4. In 1740, **Har-Mandir** at Amritsar was descreted by *Massa Rangar*. Sukha Singh and Mehtab Singh came 300 km from Rajasthan; cut his head alone and returned.

5. **Bota Singh and Garja Singh party..**: In 1739, these two staunch sikhs challenged the Khan ruler by charging octroi. They sent a mocking letter in a rough-tough poem :

'Lady Khano; letter from BOTTA-standing on the way, ROD in hand gotta ? Charging a pence per Ass; one Anna coin for a CARTA.

Yes Auntee - Khanno ? Enraged Khan sent big force. Both fought in a '**back-to-back**' strategy. Both stood on their backs for long and killed scores before falling at last.

6. **Baba DEEP SINGH..** : He was assigned to make copies of Shri Granth Sahib. Snatched back 2200 women taken by Abdali, and returned to parents around Delhi. Jahan Khan, ruler of Lahore, damaged Har-Mandir (Golden Temple) at Amritsar in 1756. Baba

Ji gathered 500 devout Sikhs, took oath to offer his head at the Mandir and 4000 joined on the way to face 20,000 forces; They trampled them in hours and more Mughal forces arrived but his head got cut in the meantime.

A soldier reminded him of his oath ! Baba Deep Singh, took the head in left hand, marching forward; slaying the enemy left and right with long 18 lbs *Khanda*. There was terror in the Khan's army proclaiming that "**dead are fighting-Ghosts are killing us**. Oh so strange ? How can we fight with them ? The Baba reached Amritsar pushed his severed head with Hair to the corridor of the Har-Mandir Sahib and fulfilled his promise to offer his head at the **Golden Temple** !! Such a real miracle has never happened in the world; proving the powers of transformation of ordinary humans into supreme **POWERED-SINGHS-Lions**. The writers from all communities have expressed this transformation in rare words like :

1. Alla Yaar Khan... (Muslim) : Any praise of the Guru is inadequate ever. Death of Yusaf made Yakub weep, but The Guru shed not a tear after sacrifice of his own four sons.

2. Muhammad Latif-Historian... : Guru Gobind Singh was great as a man, greater as a warrior, spiritual saint, philosopher writer, poet, administrator, humble faquir, organizer, transformer, forgiver and great **EQUALISER** of human race !

3. Kartar Singh Ballagan... : Whose sparrows challenge hawks; Whose one **SINGH** can face 1,25,000 in battlefield. How great that Guru himself would be ?

4. Bhai Gurdass Ji.... : Himself the Disciple and Guru also himself-He was Guru Gobind Singh.

5. Sain Bulhe Shah tells : I say neither of now nor of then! O men! Had been none like Guru Gobind Singh; every one in India would have been **Circumcised**.

6. Guru Gobind Singh himself on the praise of his disciples... : (Gian Parbodh) **I owe myself to the benediction of SIKHS; or Millions like me roam this Earth. i.e....* On their account, I could give donations, I could get education, experience, common wealth. Enemies were defeated/killed by their kind support and my heart is so indebted for any service to my Khalsa! All other honors of world are useless !

* As long as they remain distinct by the Hair-Turban-character and duty; I do bestow all my **Physical-Mental and Spiritual powers**. Otherwise, If they go astray to the wrong paths, I recognize them not, even by a glance of my eye; who are thou ?(iv)

This is only a small reflection of the Saint -Warrior -sacrificing MASTER. It needs no explanation that, the HAIR are the Root-Energy of Sikhism.

This is how full HAIR happened to return on the heads of Sikh community invented by Guru Gobind Singh.

(Ref.: \$ -- Dr. S.S. Alag- '**Hair Power**' - P... 202-204.)

CHAPTER—24

HAIR—FOLKLORES—POETRY—KAL—BELIA DANCE— FILMS

We may talk of any subject and hair come in the picture; may be with me. It is but essential to link hair in sequential history, folk arts of human life, cultural themes and also films; where artificial make ups deeply relate to hair technology. Every subject needs weaving like a garland. Hair and eyes of women have created many a poets and poetry in the world ! Hair being apparently inactive and silent; unlike eyes and tongue, are like art directors, music directors, stunt men and make up artists of the Bollywood and Hollywood; without whom no film can be even taken up for shooting. Over that, hair have remained in dark areas even till early 20th century. Other wise, hair have been ever submerged in our conscious and even subconscious levels of life. In poetry, eyes have been compared with deep sea and the hair flowing with the dark clouds flowing and rolling in the sky like thick hair locks and waves. Many a lovers express their emotions by poetic words like sleeping in shadow of dark hair of their beloveds or flying like the curls with the wind. So, I will try to describe some of them :

1. Olden—Golden—Ages.... : In the old ages called golden periods of history, hair was most respected part of the body, indicating manliness, prowess, wisdom at upper age of life. The hair were considered respectable, reliable, fidelity, good character and a normal person. The women maintained their hair very well, well combed, oiled, decorated with many designs, floral and ornamental shapes; well reflected in paintings of golden ages. Common persons, Gurus like Dronacharya, Bhisma Pitamah, saints of Mahabharat period, all kept full and flowing wavy hair as shown in the present Mega serials on the T.V. This continued to Budha, Christ, Jews, Mohammad, Rishi- Muni's in India; Greeks, Romans, Persians, Chinese, Manghols, Germans and European soldiers.

2. Folk-Lores...: It is but difficult to trace out the Folklores of the world as there are less written and transmitted verbally in the folklores, songs or marriage singing and jokes. However, north Indian culture is abundant in local songs, fairs, family functions and religious ceremonies as follows :

I. The boys praise the girls by singings in local songs that your gait is like a peacock; your eyes like that of a doe and dark hair like monsoon clouds.

II. Thou are so beautiful with long thick and dark hair that I like to sleep in their cool shade for long long time; Please allow me a chance to do like that.

III. The girls request their mothers to divide their thick long hair in to two 'Braids' as one braid becomes too thick. O Mother, some how, I like two swinging braids very much. Exactly speaking in Punjabi, the song-couplet goes like this :

Do Guttan Kar merian; Mai nee mainu bara chou... Do Guttan kar merian?

In fact, the boys were greatly attracted by two swinging braids of the passing girls in Punjab villages where direct talk was almost a forbidden taboo ?

IV. Dak-Banglow on the Head : In India, Africa, scandinavian countries and Gypsies knit their thick head hair in to 10-15-20 or even more small braids and then make criss- cross angular designs on the heads. The hair remain in tact, controlled and do not scatter in winds. This design is quite suitable for small and medium length hair like those of Africans. These look greatly appealing, artistic, disciplined looks for the girls. In north India it is compared with a two-three story designed buliding or '**Dak-Banglow**'. In Punjab it was considered a rural fashion without any costs and finds frequent mention in the folk songs; as the girls were easily noticed by the boys from a distance. In folks this was in taunts and tantrums like; O girly with Dak-Bangla, I wish you allow me to live in thy **Dak-Bangla**! I will give you ear rings of pure Gold. These taunts are still part of folk dances.

V. COILED or 'JALEBBY-JOORA...: In India and the world over, the most easy way of securing the hair by ladies is to make coils at ther back of the head in a coiled knot which can be

5-7-8 inches in diameter. This design is most popular among as it is quite natural, easy, graceful looking, less time taking and a stable arrangement. Indian ladies with long hair make two-three rounds and it resembles a JALEBBI a sweet fried in hollow coils and then dipped in sugar liquid. So, it is all sweet and sweet ; juicy- juicy liked and devoured by all Indians north-south-east and west. In 1982 Asian games at Delhi, the foreigners could not understand as to how liquid sugar has been forced inside the **Jalebby** ?? The then P.M and the Ministers tried hard to explain by many methods, but could not convince the westerns. Therefore the sweet maker had to demonstrate at site to convince the westerns. *Jalebby-Joora* is a nice looking- smooth shaped, elegant appearance and ladies decorate them with flowers; rings, fixtures, ornaments etc. This design is South Indian short ladies make them at an angle to enhance feminine appeal, looks and create extra height effect to their otherwise short stature ! Lady in front of a mirror, doing hair-do, is most popular theme of olden Indian arts.

VI. Snake-Charmer's KAL-BELIA Dance of Rajasthan Desert... : This most popular, natural solo desert dance by snake charmer girls of Rajasthan in India and is now reflected in the 'INCREDIBLE-INDIA' Theme! India is even called land of 'snake-charmers'. Good-India. These hardy desert people live an old profession of snake catching and displaying snake dances and drills with simplest music of a *BEEN*, like a big flute made out for a simplest occupation ?

The girls of these clans are slim, longer, very energetic with darkish-copper complexion, illiterate but intelligent and sturdy. They have natural long-long hair made out in one thick braid or two braids, over 4 feet long ! they have mastered a snake type dance called 'Kal-Bellia' after a snake. They wear black embroidered longish shirt and a flowery heavy and wavy tailored skirt called *Ghagra* They start dancing with music of *Been* in circular movements with swinging arms and very natural rhythms. The speed and frequency increases slowly in a circle. The long-long braids swing in the air at the back sides; with arms on the frontals. It is so energetic that the hardy girls start perspiring even

in winters. This dance is performed around the slim waists of these girls, which rotate at the same point like an axel or a spindle ! The foreigners are mesmerised on this sequential performance. The girl goes on increasing the circle of movements; with arms on the fronts and braids swirling four-five feet on the backs. The onlookers are but pushed out and out to 7-9 or 12 feet away with the dancer spreading to 20-25 feet circle area normally required by a troupe of 5-6 dancing artists. The waist of the dancer spins like a fast rotating Top; with stationed-fixed look at the same point in the air; where as the feet are stepping fast to sides, front and lefts or rights ! Very very difficult to balance the body parts in such a quick and diverse movements ! It is unbelievable ? Great **Kal-Belia** !! Now Rajasthan occupies central stage in the world tourism, as cultural heritage, old forts, Haveli Buildings of Jodhpur. Jaisalmer and Bikaner; desert dunes for this mad-mad fatigued modern world ? The influx has gone up to 2 million tourists ! Incredible INDIAH. **Incredible!**

**Long long Kal-Belia Hair-Flying ten feet in the Air- in Rajasthani fair.*

During visit to Jaipur on 30 March 2006, Prince Charles and his wife Camilla; remained entranced to swirling Kal-Belia dance, Gair dance and dancing camels.

VII. HAIR-FILMS-BOLLYWOOD-HOLLYWOOD :

If Bollywood films are any indications, Hair occupies central role in the make up arts as it is central to design and making scores of different characters in each film. Good and great ! It is the hair shapes which make each actor and actress a different looking to his or her role ?

....(i)

The hair artists create so many different shapes and settings and contours of hair like textile industry. There are different hair setting for the heroes, heroines comedians, villains and supporting actors. Heroines get high puffy, wavy, curly and ornamental shaping. Villains and criminals get short head hair, sharp moustache, and half cut beards. Lover heroes go for wavy locks, left right loose falls ; like Devanand, Dalip Kumar, Jitender, Rajesh Khanna, Action heroes are provided with their own natural hair or medium small well set hair format like Dharmender, Sunny Deol, Sanjay

Dutt, Akshay Kumar and so on. As already expressed that every person has a different hair shape; so, all actors carry a new different designs in different films.

Hollywood, where historical, Biblical, Techno-scientific mega-movies are made; must have great hair artists of experience; These movies require large number of hundreds of different hair settings for actors, actresses, soldiers, old age actors, children, villains, witches, decoits, beggars, jungle dwellers and more; all in one movie. Even hairless head are a special design like Yul Bryner in 'Ten Commandments' and Kharbanda in his very first Bollywood adventure-SHAN. Since films have largest scope for artificial hair make-up industry; the subject is difficult to express fully. So, I give some typical examples have below :-

1. Long, lavish, black and open curly hair of actress 'Meena Kumari in movie 'Sahib, Bibi Aur Gulam'.

2. Typical hair style of Dalip Kumar in old pictures.

3. Long, lush wavy hair of Jaya Pradha.

4. Medium curly spread hair of Vijanti Mala in Madhumati.

5. Hair dark gross and crown format made '**Mangal Pandey**' out of Amir Khan.

6. Longer-falling loose hair of Amrish Puri in as villain in box-office movies.

7. Silver white spread hair format of saints Munjs, Sadhus in Indian movies, Mahabharat and serials on T.V. which make them popular even now.

CHAPTER—25

MY HAIR—WOMAN HAIR—MAKE-UP ARTS

Hair are most respected, most rejected and most cared also. So, we can call them very precious or very superfluous; as we treat them. Respecting hair has been the personal religion of women the world over. A woman without hair is not a full woman and unthinkable so. In matrimonial deliberations hair is but one basic and great consideration. If a girl has trimmed or fashioned hair; some lady will surely make some comments about it. Well preserved hair will send many positive signals to the boy's parents for clinching a positive decision ! Good Hair ! On the other hand, a girl with scanty hair may have problems and even pigmy tails are not preferred. Here the hair operate in silent electronic waves.

The women in fact worship their hair? They take good long time in dealing and decorating hair. She will not leave the exercise even if an important guest has come to the house. Some time they take much long time. In India, the hair is very central in woman's life. Women when alone, talk, appreciate, feel wholesome, looking off and on the hair in the mirror, compare with the facial looks, grace effects and other feelings. Alone at the home, they maintain the company with hair in silent murmurings, shaking left and right frequently, singing and feeling quite happy. The Creator, has given the company of hair for the idle time at home.

HAIR ORNAMMENTAL—ORNAMENTED... : As above, the woman's hair need especial description and even magazines are full of articles on the upkeep of hair. So, this will be dealt in brief details, with some examples for interest :

I. The women are naturally blessed by the Creator to set up and decorate their hair in so many ways as per length, density, curly or short. Where as women with long hair may prefer longish plaits or coil-rings on the back, those with medium or short hair may go for two braids or a small ring and half length free dangling; normally called 'Pony-Tail' and quite well suited for medium height women. (Shabby hair repel men)

II. In middle India, the women are short stature but quite healthy and fleshy. As seen in the statues and engravings on the old temple walls. They prefer an angular coil- ring at the back of the head. It creates a height effect and balancing action in the quick gait of these women. Even, illiterate, ordinary or simpleton ladies of socially backward states like Orissa, Gujrat, Bihar tribal; all well know the art of hair set up, make up and decorations by their feminine psycho ? North Indian have thick long hair and good height ; so they like long plaits and two braids.

III. **HAIR PROPERTY CARE ...:** Women well know the value of hair health, appeal, hair appearance and adopt so many ways to take care them. Washing, oiling, careful combing, controlling scales are but basic culture in India. Even poor may spend on special oils, applications and may do all this by unconscious level waves as per their software format of DNA and GENES of the family format of past centuries. And correctly so as recent research has found out that males are affected and attracted by the longer, thick black hair of the women. ... (i)

The ways of hair controls, shapes, designs and puffs describe their character, habits, temperaments and attitudes ; as the males subconscious understands ! Africans make rings of small hair, mesh of weaves or pony tails. Europeans and Scandanavians keep their long long hair in plaits, loose binders, or just flowing in the air with the wind and they so well enjoy displaying the hair health to the others. Well, women know all the arts of display of their natural ornament of priceless hair and even illeterats village women knew this art much better.

CHAPTER—26

MODERN—TRENDS—RESEARCH—BELIEFS— CUSTOMS—SPECIALS

The HAIR is the last item of the body which has invited the attention of the research scholars, scientists, medical labs, criminal investigations, identifications of dead bodies, forensic departments and medicines. The mysterious case of the slow death of the strong man, Napoleon Bonaparte opened vast scopes for hair research in the modern world. It became more important for the anthropologists as it was only hair part of the body which does not decay or die for millions of year ! Over that, the hair could identify complete DNA patterns, which could identify over 60 m year old 'Woolly Mammoth 25 ton Elephant' that lived at the time of dinosaurs !

The research on hair initiated in mid 20th century and progressed well from 1980's. Now it is well understood that mutations of Genes, the very basic life sources, is a fast continuous activity. Similarly the mutations of disease organisms are creating new dangerous strains which could pose dangers to the humanity. Therefore our testing culture like blood test, urine tests, scan, uric acid, ECG or EEG may not be able to help us. Since it is the only hair which attract or suck the poisons from our bodies, the intricate data could be traced from the hair tests and a new system of HAIRO-PATHY is already evolving in the medical world slowly and steadily for the benefit of humanity. Good and very good for all of us. In Dec. 2000 I had announced in a Punjabi World Conference at Chandigarh that 2-3 new and dangerous diseases will paralyze the world **within next 50 years only**.

So, it is fast changing and challenging scene requiring quick remedial research, the scientists are already on the alert and doing strenuous efforts. Graham and Karen's research found out the effect of cocaine and drugs used by expectant mothers on their new born babies with 98% accuracy. Phil and Parkes traced out the effects of disabled children by hair examinations and

analysis. The important matter is that the hair tests are 98% reliable. The hair tests are very easy quicker and very economical and results can be obtained in short time. Even single hair is enough, as compared to other tests which can take two or even three days. Recently, in the case of Napoleon, it has come to knowledge that his maid had cut a lock of the hair of Napoleon after his death. Some hair will be tested for the poison factor after 186 years of his death and about 220 will be auctioned to fetch about Rs. 6 million ?

The hair have aroused many beliefs, customs, faiths in the past. This aspect has been well covered by **Sardar S.S. Alag** in his book '**Hair-Power**'. These aspects are briefly given for the importance of the hair in the history as follows :

1. Hair are very strong like wires. In 1990's a Malaysian, Latch Manah pulled a **Boeing 737** with his hair to a distance of 17 meters. He also pulled a bus with 27 passengers to a good distance of 30 meters. In the Rural Olympics in Punjab, pulling of tractors with hair, is a common feature.(i)

2. **Droupadi**, the queen of Pandavas, had unfolded her hair in protest against the treatment of removing her *Saree* garment by Jaid rath in the court. She took a oath on her hair that she will not tie her hair till blood of her tormentor Jaidrath is brought by Bhima. Bhima had to kill Jaid rath in compliance. This incident is the climax episode of Maha Bharat ; and hair was respected most. (even 5000 years earlier)

3. Hair relic of **Prophet Mohammad** are kept at Hazrat Bal mosque in Kashnir. This relic was stolen in 1963 and whole the Muslims were up set, till the relic was found and whole the Muslims world felt relieved !

4. In 12th century, Prince John of England asked Irish soldiers to remove their beard and moustache hair as a sigh of subordination. They disobeyed even at the cost of their lives for such a stand. The history is proof of similar situations like that of Bhai Taroo Singh and Baba Alla Singh, the true Sikhs of the Guru!

5. **Moses, Jesus Christ, Prophet Mohammad, Lord**

Budha and most of the religious personalities has unshorn status of hair. Jews, Christians, Muslims, Tribal, poet, painters and dancers keep their hair very respectfully. It is note worthy that those who keep hair, they keep them like a treasure and those who take it easy ; play with their hair property quite carelessly ? Why ? Those who have less hair, search for all possible remedies, at any cost or price !

6. Hair Beliefs- Traditions- Folks : Hair culture has been written the least in history and only finds casual mention in some traditional beliefs and folk culture. The world has been more tormented by wars and battles in past 1500 years and dominated the world scene. So, the poor hair was no where to be given importance, except in paintings and poetry or folk songs. As such direct linkage is naturally difficult and can be collected from here and there, from beliefs, sayings, observations and traditional treasures as follow :

i. The hair of men are sign of martial powers, strength, fighting spirit, reliability of character by the women folk, honor, respect as it is basic design of Creator !

ii. The beard of men are signature of respect, status, dignity of proper behavior. If a person misbehaves, he is tormented by women as a rot. Not ashamed of the beard O man ? Behave for your beard at least. They are not shy of even beard; better don't keep or get your beard removed. These are rural and social taunts !

iii. People with full hair were considered fully reliable for giving loans, promises, sending of gifts to relatives, keeping articles, ornaments or even verbal mortgages.

iv. Women with longer hair were considered as reliable, healthier, fidelity in life, good wives and good mothers, dealing with relations and good advisors in the system.(ii)

v. People with thin hair, sparce, less hair or just token beard were avoided in deals, trading, matrimonial and general day to day dealings; being less reliable..

vi. In earlier times, removing the hair from the head was considered moral and severe punishment, as it made a person

exposed to every one around in society. The Mughal Nawabs in India Started Shaving the heads of Hindus as punishments, instead of killing, as per advice of ministers, as it was an effective punishment .

vii. In India, remarriage was a taboo. So, the head of widows was shaved by the relatives for easy social identification; but stigma for the whole difficult life.

Special-Status-Honours : Persons are recognized mainly from nose and hair looks. The Creator has differentiated male and females. Even among animals who have means, beards, plums for males like men; adorned with moustache and beards. Therefore, it need be conceded well that this basic identification is essential.

i. Hair are very commonly linked with respect, sagacious personality, spiritual appeal, seasoned stature even at middle age. Hair are naturally linked with meditation, religious stature, philosophical, poet, music and painting features and fine arts in life.

ii. Spirituality is linked with silent meditations and it is advised to remember the God with every hair. The hair become charged with spiritual charge and stand up during deep trance. It is even termed. Rom-Rom jap. So, technically linked for mingling with the Creator ! Saints, Pujari's Moulvees, artists do keep hair as an identity symbol.

iii. English poet, **Sir Thomas More** had kept full hair and long beard. He revolted against the king in 1534 AD. In the times of Guru Nanak. He was writer of 'UTOPIA' and was ordered to be guillotined. His head was placed on the block for chopping ? He drew out his **long flowing beard** from the block and saved his beard in contrast to his head ! What a great respect he had for his beard !

iv. Andrews, the second son of Queen Elizabeth 11 of England; had married Sarah with long and beautiful hair. But she cut short her hair and the prince got very much annoyed and it lead to divorce.

.....(iii)

v. **Karl Marx and Hair :** Karl Marx was a revolutionary,

economist and created Marxism in the world. He did not believe in religions, which he thought exploited the poor. But, he had kept beard and moustache as per his basic feel.

There are large number of examples, specially in Sikhism and are described in various chapters and need no reptition. The basic moot point is that the hair are great creation of the Creator and should be given full respect, value and cared well. I hope men have to learn this from ladies, who know very well the dignity and importance of hair. They treat them as most precious, gracious, ornaments, Soothers, helpers in privacy and even protesters in emotive situations and helpless circumstances. Loose, disheveled hair tell every thing of her upset mood without words. (Ref. Dr. S.S. Alag—"Hair-Power")

CHAPTER—27

HAIR-MODERN WORLD—PROS AND CONS --- QUESTIONS

We are in the modern world from the mid of 20th century. Democracy, freedom of speech and behaviour, individualism of approach in matters of life has brought fantastic changes all over the world in every country and especially in India with too much rights uncontrolled. This has created fast changes in social freedom and attitude at all levels and age groups? Parents cannot criticize the children for even irrational eddy actions. Woman have derived freedom to do as they like! Well that is all OK with changed times. The result is that the hair culture has travelled from the dressing table to the beauty parlors; which are seen every where in the markets and homes? The ladies with very good hair copy others to go for short lengths, artificial curls, fake colours like brown or blonde and puffy shapes.

This has also affected the hair blessed Sikh populace from 1980's onwards. The ladies, girls and rich elite go for hair make ups as a fashionable culture. The malady has borken all norms and has become a serious problem for the Sikhism as a whole and the Sikh leaders. This has even spread fast to the rural areas. Newspapers, articals, periodicals and seminars are showing regular concern for this fast deterioration without any visible remedy and quite helplessly so far. All appeals or sermons are ineffective as hair don't complain.

The health porblems, fevers, skin problems, bad colds dyfunction and many more maladies are appearing. This is being talked in health articles, journals but it help us to link our good health with hair as basic energy, disease fighters, stamina boosters and health indicators, rather than regular medications which are more dangerous and poisonous being taken under compulsions for quick treatments. We all talk about the side effects, but are helplessly helpless? Breaking our FD's of the precious metals and elements by cutting the poor hair as a habit. Tagore had thrown

his hair cutters after he learnt about the qualities of hair. Today, we can see yoga preacher, Swami Ram Dev, has full hair, beard and moustache untrimmed and so well maintained. He has good hair on the chest as well. He is very well known the powers of his full hair property. Therefore, good research in future can go a long way to throw light on the faculties, contents, curative values, vitamins, medicinal properties, genes basic and elemental health analysis with linkage to the diseases of all sorts. The times are not very far when doctors will prescribe to keep hair as a necessity for well being of health and disease control precautions.

I have detailed hair effects on diseases in chapter 16, where I also mentioned about new treatment system in short future to be called like Hairo-Pathy or Hairo-Telly. One Dr. Batra, who has got training in London regarding homeopathic treatment of hair called Trichology tells about 40-50 types of hair disorders. It has proved my fears of increasing hair problems and more might appear due to poor hair related deficiency of vitamins like iron, proteins and vitamin-D. Shortage of elements like Chromium, Zinc, sulphur, Phosphorus due to cutting of hair; leading to increased hair disorders in the coming years. Dangerous revolution.

HAIR—QUESTIONS... :

a) Any body can question as to what is the harm in cutting long hair? They grow up well ! We also cut our nails!

I. The answer is simple. The hair are our fixed deposit of rare metals, elements and gases in the naturally dissolved forms extracted from foods. No artificial medicines can add to this directly. Full hair of 300 grams contains about 30 mgs of this FD. If cut and trimmed to just 50 grams the quantity will reduce to 5 mgs only. In financial term, your wife, mother, aunt with full hair have Rs. 30 Lac as FD in the Bank of 'Hair-Bank', where as man is left with only Rs. 5 Lac as F D. So, you can think who is richer in metallic treasure.

II. Early man had full hair on the body, which acted like a blanket and bed sheet. As man used clothes the natural needs of hair reduced and the length of body hair also went on reducing? Earlier, the head hair were smaller, which increased in length to compensate the reduction in body hair. It needs to be understood

that, every hair grows at a specific point, and of needed length and spacing on head, eyebrows, armpits, hands, legs and chest. Think long hair on legs, eyes and cheeks and less hair on head or beard; it will make a ghostly person. Therefore, nature is supreme in posting hair as required.

III. Nails are also not un-required for us. Man also used them like animals for cutting, peeling and scratching. Now man has knives, cutters and peelers of metals. So, he does not need them or otherwise he did need them and never cut them? But this is not the case with hair. We need them, need them and surely need them for ever ! Please ask the people with less hair or baldy ones.

IV. **Sun exposure Power...** : The life on the earth is dependent on the Sun power and sun shine is a first need of all vegetation, animals, birds and human beings. But, alas; the modernity has put us indoors in to our offices, multi story buildings and towers, with bleak Sun light but flood of electric light. Factories, commercial shops and trading stores are but dark dens. So we are cut off from Sun light and therefore need more hair format to catch as much sun light as much as possible. Otherwise we will be fraught with large number of strange problems without knowing the reasons. There are many psychological stresses, depressions, which even lead to suicides now a days ?

b) **Question.....** : How does it matter if male and females cut or shave their hair?

I. Well, they can do so as they are doing it ! But in this process the martial personality look of males has disappeared. Men and women took alike, where as the Creator designed them in different formation. Think women with hair on chins, cheeks and long hair on the eyes. Who will marry them? The question arises as to why men should cut hair, as they are their greatest gift of evolution of life.

II. The natural look with hair emits reflexes, waves and frequencies which are absorbed by the brain to make correct analyses and correct communications. Otherwise there are going to be wrong assessments and distorted behaviour like wrong phone calls; difficult to understand and leads to problems,

misunderstanding of dealings as already visible in our attitude.

It needs to be noted that temperamental eccentricities have increased too much to the extent that we are finding difficult to find the reasons of such undesirable behavior of our friends and relatives. Think WHY so ?

III. It is well felt that men with hair and beard are considered more reliable, for character, behaviour and responsibility. Muslims address those with hair as 'Peer or Sanyee' respectfully in contrast to others. Imagine Santa-Clous without full thick white hair. No child will agree that he is Santa Claus. If a man with hair and beard does any bad act, every body expresses that it was not expected from a bearded type of man. He should be ashamed of what he did? Evidently, beard signifies a respected status ! Even when trimming, cutting and shaving of hair started in 17-18th century ; such males did not get respect in society.

IV. Removing hair is like removing leafs of plants. The plants will simply die as they will fail to absorb solar energy, required for growth. A person without hair is like a garden without plants, field without crop and Earth without vegetation, trees and shrubs. Reality needs no justifications? Let this be not taken as publicity for keeping hair. This is but a **technical and basic truth.**

c) **Question....** : It is difficult to wear turban in summers when we perspire!

This is a good question! The hair and the turban on the head keep the hair suffer from the excessive Sun exposure and radiation in summers. Large number of Asians, Africans like a UAR, Libya, Saudi Arabia, Iran, Turkey, Palestien, Sudan, Chad, Ethiopia, Kenya, India, Zambia, Mexico and so many more keep long hair and cover the head with Turbans, Tiulband or Turbant or Paag as per different names of the countries.

The turban covers the back of neck/head where the 'Sun stroke' point is placed and saves the bearer from possible heat stroke, which means death at once. So, we can understand the importance of the turban and the long hair. The women bind thier hair at this very point. In fact, turban using people are quite used to wearing of the turban in summers where as the shaved persons use hats, **topee, scarf or towels** in summers to cover

the head from heat. They remove these off and on as they can not bear the perspiration unlike turbaned persons. It is other way round in fact. It is now quite clear !(i)

d) Question.....: Why hair are very long on human heads and not animals?

Animals have more hair on the body like bears, goats, sheep, dogs. But the animals with thick skins have small hair like, cows, elephants, lions, pigs, camels and so on. Hair is one of the 8 basic body elements i.e. bones-Hairs, flesh-blood-skin-brain matter-nerves and semen. Out of these all are perishable except HAIR, which can remain in the Earth for millions of years. Where as, even thick bones of elephants and tuskens perish with time.

Hair-Loss-Phobia :-

Men and women can suffer from Hair loss phobia after 40 years age level. Some times it starts early.

As per news in Times of India of September-1-2008; even football hero, **Becham** is fearing that he may go hold soon after retirements from active football playing. He has got very early pernomination of lossing his **Hair Property** although he is going very very rich in money property.

CHAPTER—28

SPECIAL—HAIR—PERSONALITIES—EMINENCE— ESSENCE

Now we are coming towards the closing chapters of this Techno—Electro book. Therefore, it is desirable that we should touch some special aspects of hair features personalities, examples of eminence, essence and sermonic factors. Therefore, I would mention some special cases to throw light on the superiority of hair.

1. Celina Jaitly Bollywood actress.... : Celina Jaitly actress of India is former Miss World and entered Bollywood films. She has enormous wealth of hair ; thick, grossly and long. I had noted this feature in July 2005, observing her enormous prowess, acting, talent, confidence and very impressive expressive expressions. Recently a news report mentioned that her presence in a party made every one surprised about the reality of her long grossly hair. It must be artificial. It became a central subject of party discussion ! Then at last, some one appealed her to enquire if she had artificial hair? Well, she told and surprised all the present that her hair are really real ! There was great surprise and appreciation all over the party about Celina's extraordinary beautiful hair also proof of sturdy body.

2. Newton and Hair..... : As shown in the figure...., Newton had thick curly and spring like coiled hair. This indicates super intelligence and brain energy like springs as these very well go as per his intelligence, super thought waves, cosmic link and achievements in the field of earliest scientific phase of modern revolution !
.....(See Sketch)

3. Miss Jhu of China..... : As reported in the newspapers, one Miss Jhu Jing of China had over 5 feet long hair going up to her ankles and won a prize in the competition. She immediately put her hair on sale to help very poor students of a China village. She auctioned her hair for 5200 dollars in a Taiwan firm. She

never expected this high price and was very happy to help the poor students with good amount.

4. Beard of Osama Bin Laden... : Osama Bin Laden is so well known the world over; but he is more identified for his long bearded personality. So much so that the Sikhs with beards were mistaken to belong to Laden's clan on account of his beard insignia and similarity with Sikhs in appearance. It needs no explanation that his beard hair is a special aura indicating his determination. After all, all the powers are indwelt in the body assemble in one form or the other. Every person is different for different features of his structure, limbs, aura, nose, hair, brain, hands and physique. In case of Laden, his beard is central point of his personality.

5. Einstein and hair..... : Recently; many news appeared in the papers, showing his silvery hair intact even at high age. One symbolic cartoon shows his blown up hair like an umbrella glow like rising Sun. It has been mentioned that he did not cut his hair which formed a round ball all over his head from ear to ear. This falls in the extra ordinary hair category like that of Newton. This also proves the exceptional brain faculties of Einstein and the invention of theory of relativity and much more ! He had strange habits of not polishing his boots, not driving car and poor in tables of mathematics. This great man had simplest habits, as simple as his hair.(See Figure)

6. Abdur Raheem Green... : He has presented series of lectures in New Zealand for Islam awareness. He has enormous long, wavy, glowing hair and very fine beard giving him really a high spiritual personality. But, hair tell the hidden secrets also. The protruding bulb on the central hair line on the forehead; indicates opposition and criticism in life. Australian government was thinking to ban his entry there.

7. Ms. Mandira Bedi TV Artist and CRICKET Anchor.... : Mandira Bedi has been in the limelight for many years and for many activities. She got fame in TV serial 'Shanti' of 1995 -99, for her super, confident and effective acting, dialogues and expressions as per situations. Then, she took to Cricket. Anchoring in the 'Fourth Umpire' which is quite impressive. Her

hair indicates thick, long, wavy format, full of energy, artistic waves and confidence with long reach in life as well other fields.

8. Amisha Patel, Bollywood actor.... : Amisha Patel is a established actor and has long, thick and luxurious hair. She is quite proud of her hair and maintains them well. Dec. 2005, she had to cut them short for her new role. She was very much upset on this account, as she did not wish to cut them at all.

9. HAIR of Killer : Stanley Tookie Williams.... : This countless killer of California had full circle of hair around his head, like full Sun eclipse as shown in Fig... He was sentenced to death by the Court. He did not show any real remorse in his request for elemency and therefore it was rejected by the Governer, Arnold Schawarzenegger of California, for sense less brutal killings. The extraordinary hair has made an extraordinary history, negative infamous of sorts in this case.

10. OSTRIECH High Charge HAIR ... : Ostrich bird of Australia is well known for strength, high energy and prowess. This two legged bird of 200 kg weight can :

- * It can run over 60 Kmph and is fastest running bird. Can carry a man on back.

- * It is very strong and aggressive. One Ostrich ran away from a Cyprus Zoo. It ran away fast and police could not catch it. The fig.... shows the erected- charged hair ; a technical proof of immense energy, strength and stamina of hairy birds.

11. Disraely : Prime Minister of England ...: He had long curly hair and was known for his style, effectiveness, popularity and great success as Prime Minister.

12. Julius Ceaser and Czar Baldness... : Julius Ceaser was getting bald earlier than expected. He was always perturbed on this account and effect on his great personality and dominance. Czar of Russia also got baldness and was very harsh if any one ever talked his baldness ; he was lashed even up to death some times.

13. Extra Long Hair...: Extra long hair create waves. Ms. Sheela Patel is a hostess in Indian Airlines with 6' 3" long hair, against her height of 5'3" and is called 'Fairty of Sky'. The passengers are greatly charmed by her hair. She had to do one

hour for washing and two hours combing. Banana and banana milk is her Mantra !

14. Egyptian Saint Nasarat...: 1000 years earlier there was an Egyptain saint Nasarat, who meditated for long in Divine love and had large followers and they gave up drinking, lead simple life and kept long unshorn hair. They are still grently honoured for this culture.(i)

15. Lincoln's BEARD : Lincoln was very slim and did not impress the voters. It is well known that a letter from a girl to keep beard did the magic and he won election's. He became most respected President of America. In beard he looked very normal and stronger in his otherwise lean body.(See Figure)

16. David Becham's Baldness Phobia:- The Times of India comes a news on 1st September 2008 that soccer are David Beckhim at 33 years as fears that he is worried to the pount of obsession about going bald and getting a paunch? He has always in tip top shape due to soccer, but now he fear that as he gets older and stops his atheletic career he will loose his looks. Further, he can not stand the thought of growing in to a fat, BALD old man.

Look, how sports, physical activity holds HAIR in good health.

PART—III
CHAPTER—29
HAIR—OBSERVATIONS—COMMENTS—QUOTATIONS

Now towards the closing chapters of the book, it is desirable to mention the observations, comments of eminent persons and quotations from the history of the past period as the subject of hair is so far least written and least researched. The features and facts need to be dug out of casual records or folklores like those of verbal passing of experience, scriptures and unwritten truths of traditions. It would be desirable to quote such matter in brief from the information of the readers ; as some historical facts take long description to elaborate and have been covered by Dr. S.S. Alag in his book. 'HAIR POWER' with which I was also linked during the early discussions in 1995-96, while in service. So, we proceed :(i)

a) 1. Hair has been integral part of the culture in olden times, as per traditions, culture, personality and respect. the hair required a covering cloth called '**Paag**' in Arab countries. The hair was covered with a cloth called '*Dulband*'. In France it was termed '**TURBANT**'. In Italy it become 'Turbanate' and in Turkey it turned to *turband*. *In India, the hair was covered with Paag, Pagri, Safa. Then in sikhism it was changed to 'Dastar'* and in English it is known the world over as Turban. Africans also cover their heads with white cloth. This only proves culture of hair and turban in all countries of Asia, Europe and Africa in earlier times.

2. Status and position of greatness is related with wealth of men, health of soldiers and wrestlers, and kingdom of kings. But the hair bestow grace, dignity, saintly look and respect even to an otherwise ordinary person in the society any where in the world. Any one thinks thrice before misbehaving with such persons possessing full unshorn hair.

3. The kings kept hair, beard and covered the head with

decorated turbans, as a status, respectable and did not allow the slaves to keep full hair in contrast. (Kings turbans are auctioned for millions.)

4. Every Haji going to Mecca, go with full beard as a conditional factor, as respect to **Allah**.

5. Hair has been considered so respectful that lord krishna wanted to punish Tukman, the brother of Rukmani. Instead of killing him, Krishna got all his hair removed and expressed that cutting hair is a greater punishment than even killing.

6. Hair has got so much respect in Rajasthan of India that a needy person can get loan simply by giving **one hair of his moustache** as surety for repayment later on.

7. **Turban** is national symbol of **India for Olympic Games**. The participants wear a turban in the March Past parade looking graceful, with turban as national dress.

8. The cutting, trimming of hair increased from 17-18th century due to draconian treatment of Hindus by Mughal King Aurangzeb to Bahadur Shah Jafar in India up to mid 19th century. Industrial expansion created security factors for hair against machines Western Ladies liked clean shaven men ?

9. **Manu**, the Indian sage, laid down regulations that instead of death penalty; it is better to punish a person by cutting his or her hair and left away such. Similar approach was adopted by Mughal rulers in India lately to avoid disturbance.

10. **HAIR and SIKHISM...** : The Tenth Guru Gobind Singh, bestowed greatest honour to the hair by transforming 5-beloveds in to '**Khalsa**' with unshorn hair, covered respectfully with a 'Dastar' we call turban and 5 symbolic K's. The word Khalsa means 'Pure'. The Guru designed and distilled unique philosophy for this materialistic world, where pelf and wealth is doing character damage to the human characteristics, attitude and discipline. Even male and females are upset.

The greed, lust, short cuts to pleasures, fashion, exhibition culture, money flaunting super ego and 'out of control' culture has spread very fast. The Newspapers are full of bad news, killings, thefts, scandals, abductions for money and what not ?

Guru designed an unique character of man to be identified

from distance and recognizable from crowds of thousands and millions at once by his 'Turban' but basically for his character, duty, behaviour and even misdeeds, (so as he refrains from doing wrongs.) This is, therefore, the greatest moralistic electronic transformation of human being on this Earth. The proof can be found in the hard work, sincerity, reliability and their success in all countries of the world. This is how the iron was transformed in to stainless STEEL; in great contrast to the prevailing conditions of the modern culture of personal choice and wishes.

1. **A Sikh** has to keep unshorn hair, which bestows the greatest respect to hair as a symbolic, technical, electrical and moral power even to a ordinary, average and poor person. But he is more known for his character and moral values than pelf. Normally and naturally, a person needs a small amount for living and shelter; but maintains security of family.

2. **The Guru** had adopted all downtrodden, low caste and poor of poor, in his army. He made best all round, self sufficient, frugal soldiers fighting like LIONS in the battlefields without any fear of death and later failed Mughal Empire in 1790's?

3. **The Guru** transferred all his power in to the true Sikhs, who kept the commandments of the Guru in their living. (*Termed 'Rahit-Maryada'*). The Guru had got baptized himself from one of the '5- Beloveds or **'Panj-Piyare'** in 1699 AD. At Anand Pur Sahib and authorized them to decide any issue jointly. He himself obeyed the joint decision of **'The-Five'** at Chamkaur Sahib in December, 1704 to leave the place in cold midnight and went alone in jungles in bad weather in compliance of the decision of the **'FIVE'** to set example as **disciple of own disciples**.

4. The Guru had named Anand Pur Sahib as **'KESH GARH'** or **'Hair-Fort'**. This only proves how the Guru respected hair as good as a fort or the place of security; there by proving that Hair are the greatest security factors of life, honour and status. The Guru, made it a 'Power-House' like Bhakra-Dam of today; from where the power of the Guru ever flows through high Power-Electronic lines to Khalsa!! Those who want proof, should visit here on March 12-14; to see the floating sea of Sikhs.

5. A similar situation happened in France during the French-

Revolution when the revolutionaries advised the citizens to keep as long hair like the King; the king being considered no superior to common man; a change towards equality and democracy. Earlier only the King could keep full hair.

6. Hair is index of mental powers like IQ—EQ—SQ—MQ (spiritual—moral quotient). These are all positive balance in the flow of 'Energies of life'. Without these powers, we are likely to go wrong, straying and roaming in the jungle of negative forces and all sorts of vices. There are millions and millions like (Hippies—Terrorist—Naxalites—druggist and straying youth ?) This is going to be greatest problem of our times to face out of control situation in the coming years shortly.

7. Guru Gobind Singh has said every thing in his writings in very strong and unambiguous words. He has commanded that.

i. If my disciples go astray the path, I shall not even see him by a side glance.

ii. The regulations of truthful living and Rahit is dearest to me; not the person.

iii. The Khalsa Sikh is my very special form and I ever reside in my Khalsa.

iv. As long as Khalsa remains distinct, I simply inject all my powers into him.

v. 'On their account, I feel decorated or else there are millions of poor like me romaning on this Earth.

These are only a few very brief, effective and binding commandments of the Tenth Guru Gobind Singh.

8. Guru Watch—ELECTRONIC—LASER...: The above commandments. deep commitment, binding power, spiritual controlling force, is forcing me to express that Guru Gobind Singh is watching everything with his Laser-Eye and controlling his Khalsa with 'Electronic—Rope' of spiritual magnets. Hair is a stamp—insignia of the Guru. Hair impart dignity, faith, trade mark of discipline, divinity, honour and respect in both the Worlds. Europeans, Hollanders, Spanish, Germans, French, British; who had kept hair in earlier times greatly respect Sikhs for unshorn hair in to day's times. Sikhs earn friendship, empathy, sociality and well mixing easily by simplicity, sincerity and natural attitude.

9. Tragedy–Degradation–shearing of Hair by Sikhs :

But is everywhere. This but, has also butted Sikh populace all over from 1980's onwards. Sikhs are resorting to cutting, shearing of head hair and beards in large numbers. It slowly started from middle rank non committed Sikhs by birth. The menace spread fast in cities, clubs, sports, and urban elite more as copy routine. Then the cutting became pronounced with loosening of religion grip, parental helplessness and public school western culture. Now it has spread to ladies who now spend more time in the beauty parlors than in the kitchen. So parlors mushroomed with home services.

Increase in wealth made it easy. Mothers started trimming the hair of kids on one excuse or the other. Just in 20 years, the matter is now out of control of the parents, schools, religious bodies and leaders. It is age of excessive individualistic freedom and no one can advice. Boys and girls cannot lag; when mothers are the fore-runners. No solution, remedy or improvement appears possible; except statements, articles, lectures which fall on deaf ears. **Who- can- do- what ?**

C) General - Extra stories of HAIR: Some extra stories of hair will interest us.

1. Darwin, while discussing theory of evolution, expresses that in evolution, what ever is not required disappears with time and required new things change in design or appearance. Change in shapes of Molar-Teeth, shortening of elephant tusker, very thick hair of polar bear for freezing colds, reduction of body hair of human beings and so on. Instead the head hair and beard have grown in volume and length from 6"-8" of Apes. These are basic design requirements or these would have been also disappeared like our tail. The human tail has disappeared, as he went up walking upright and did not need it for blancing like apes. Therefore, each hair of body, beard, moustache and head hair have controlling area, specific duty, processing performance, activity, creativity, reflections and much more fixed by evolution orders.

2. Traditions and Trends of HAIR... : Brahmins kept loose hair, Warriors tied them in Knot on the head. Women make braids or coil at the back and Sikhs form a 'Joora'. *Jogi sadhus*

keep their hair in matted form as insignia identity. Now the trends are changing fast as Indies and girls now keep open flowing hair as fashion and boys are changing to longer side falls and curls ?

3. Judiciary and HAIR... : In European countries, the judges kept hair as part of their special position. With the cutting culture, they maintained their status by wearing wigs while on duty to maintain the traditions in the changed times.

4. Bohemians do not allow cutting of their hair ; they may cut a gas connection. (Dr. S.S. Alag)

5. Russian love for hair has not diminished as they import Rs. 100 million worth of hair from India each year, as their hair health is problematic due to low SUN POWER.

6. T.B. and HAIR... : Researching team of Mr. Seal, Majumdar, Bhattacharya and Banerjee conducted R.B. Morbidity survey. It was found that 64.7% were males and 35% were females i.e. males were double T.B. prone than females. The root factor is extra hair of the women, with more vitamin D. (It has been recently reported in the a paper that deficiency of vitamin D-3 can cause cancer, indicates that hair links with T.B. needs great research)

7. Beatles and HAIR... : Beatles were known the world over for singing and long locks of hair which were swinging in the air as they were moving and dancing ! Pianist Pader Ewsky had great hair style. Fans always asked for his hair as relic.

His hair were in danger of loss. So, he had to convince them to have wig hair only.(i)

8. Sikh prayer for HAIR.... : The Prayer of the Sikhs, contain a specific request for Hair in the words of 'Desh-Dan' or the blessing for good hair from the creator.

9. HAIR Problems... : With the change in diets, unnatural foods, medications, AC culture, reduced hard work and now computer culture is having side effects and hair problems are increasing. Dr. Batra, a Triology expert has written that now there are 40-50 disorders needing treatments. But the best is natural rich diet.

10. Lady Mac Millan embraced Sikhism and addressed the Sikh congregation as :

“My dear Sikh gentle men, your hair are electric wires attached with the ‘**Power-House**’ of Guru Gobind singh Ji and are culture crown of *Bharat Mata*” Good ! This is what I expressed for 30 years? Mac Millan’s comments confirm it now.

11. **HAIR and PREGNANCY...** : Hair is women’s property. It has been now reported that during pregnancy, the hair get thicker. Further, Dr. Sonal Shah tells that during pregnancy estrogen level increases which stimulate hair growth. Therefore, there is vast scope of research to interrelate hair and pregnancy features as Hair help in child bearing. Evedently, the nature has blessed woman with Larger ‘**Hair-Format**’ to help in difficult duty of pregnancy, child bearing and Lactation period; when vitamin-D is created by hair with the help of ‘**Sun-Rays**’ as already explained in details please. (Women have 5 to 8 square feet format agent 2 to 4 square feet of men.)

(Ref.- Xplore - 25-31 March 2006)

\$ Dr. S.S. Alag...: ‘Hair- Power’..... Dr. Chanda Singh-Hair Research Institute Kot Kapura- Punjab.....@ Dr. Gursharan Singh ‘KEHSAS’-(SGPC—Amritsar)

CHAPTER-30

MY INVENTIVE THEORIES-P.M.S.-ZERO THEORY- FORE CASTS

In this book, I have used my own blended style which I mention as 'Techno—Electro' futuristic language, being a mix of technical, scientific, emotional and spiritual aspects which make the language an unique blend. Many readers will find it very typical ? This style is as per our working of brain, present techno culture and spiritual energy to achieve results and success. Therefore, it is desirable to educate the readers about various features of words and language format for better understanding of the presentation in the book. There are many theories invented or innovated by me but I will mention only three.

A) PHYSICAL-MENTAL-SPIRITUAL Theory... : In 1970's I used to ponder about the misunderstanding all around us in every aspect of our life. I could not understand as to why we just start quarreling on every issue. After long mental research, it was revealed that we quarrel on account of mixing of physical, mental and spiritual wings of our dealings. I developed this P.M.S. theory not to mix the grain in the dust. By 1990's it was very clear to me and in the religious matters the issues started reaching to logical result and clear understanding. Then I used this format and language in religious lectures in select, literate matured audience of Ph. D's research people, professors and university specialists. They expressed that they may not fully understand my Techno-Electro style, but the core matter is much more clear to them which they have not understood for long years. My examples and similes did wonders to explain most difficult riddles specially in religious questions ! I also used this in my life for deciding problematic issues.

This world started by explosion of small point or 'Bindu' in Indian parlance. We are made out of 5 elements, 5 Egos. Thought has no dimension and to be clear it is 0-D or spiritual. Some idea is 1-D or only length, 2-D has breadth and a PLAN or mental format. Then plan is to be converted to some item, article of

material and has to be in volume or 3-Dimension i.e. physical formats like a box, chair, table etc. This is basic of the creative process and he who does it quick and better is called a successful person. This is all of the creative process of creations. This is my PMS theory in quite a brief from of description for the readers, please ! Spiritual is our totality of feelings.

B) ZERO—THEORY applicable to MALE — FEMALE — ZERO theory as we generally know is related with COSMOS which is full of Zeros as the Cosmos has been created out of 0-POWER or Bindu as explained earlier. Then we know -0-in mathematics in the counting, sums and questions. My 0 theory is slightly different as it also applies to human working, males and female relations, Decision making, love, emotions and all. Therefore, my-0-theory starts with love as 0. Love means-0-. In love man and woman become.0. That is they cannot speak in love. Love is blind also means-0, In love both lose their identity, which also means 0. So female is linked with-0 ; where as male represents -1-or. **The- Power**, Creator placed power to work for earning in males and LOVE in females.

Now let us come to mathematics. In mathematics 0 as single has no power, but 1-has power. Zero has no meaning as it is and it remains a 0. The 0 gets power only when it is related with-1. If placed to left of 1 in human form, it makes Ten. Two zeros make 100 and the world opens out. So, my Zero theory is also mathematically perfect. If-1 and -0 are multiplied, the result is 0-i.e. they die in love to be 0 ; as 0 means love. Understand please? I have applied. This is 0 theory in human behaviour, decision making; differences, success or failure and all other matters in combination of operational electric theory and hair health. I have even used it in human studies for students called '**Power-Chart**' and have fore told 20-30 specific features, tempers, habits diseases, success and failure factors with 80-90% correctness admitted by the parents. It needs ten pages to explain all this, but I have only touched the basic features and parameters. I give more points for clarifications :

.....(i)

1. Males take quick decisions by arrow, or 1-type approach to any problem. But women think in a circle like a zero and take long time to decide and still they are not sure.

2. Males take fast decisions in matter of work. Women are quick in emotions, kitchen and children.

3. Women functions are related with round items. Plates, glass, Bowls, fry pans, bread or roti, bangles, vegetables etc etc. Men deal with arrow, dagger, sticks, sword, wood logs etc.

4. There are 99% zeros in nature. Planets, Tree leaves, boulders, water drops, tree trunk and rings, fruits, seeds ; all are in zero shapes. One is there in pen-pencil, sticks, rods, arrows, but with a-0 in section. So, it cannot be without a-0 In fact, there is no item possible without a-0 in it to make some thickness or shape or volume. Alone -1- also can not create anything.

5. The figures from 2 to 9 are also made of 1 and 0. In, 1986 I just thought how some genius could have invented all this? The Creator guided me. Just see and combine 1 and 0 and see the magic. So I did an exercise on a rough paper. How?

Half-0 with half of 1 combined make	-	2
Two half 0 joined make three	-	3
Then one asked 0 to take rest, three 1's make	-	4
Now half 0 with two husbands try to make	-	5
One and full 0-love each other and the child is	-	6
Zero is tired now and 1 works alone to form	-	7
Now they are good couple and zero has twins	-	8
At the end they share the last child, lovely	-	9

So, brothers ; you see the world formed by 1 and 0, the man and woman of the great CREATOR. The world is being governed by-0-the love and husband-1. Zero is also a Cosmic 'EGG' and the riddle gets solved. The EGG came'First'.

So my Zero theory is active, operative and functional in every sapect of world. Now zero has great power; when it multiplies with anything or gets angry ! Any figure multiplied with 0 becomes 0, say $73246 \times 0 = 0$. This is but rare case. Therefore, zero when troubled or angered; becomes as SHAKTI (not Power) and can destroy anything in this world. The examples are Maha Bharat, War of TROY, where thousands were killed for Women problem. Cosmic 0- will destroy the World. This is confirmed clearly in Shri Guru Granth Sahib as:

"*Sunnahu Upaji Sunn Samanee*" = This world, cosmos is born from Zero and will also vanish in to ZERO...(P- 1037)

C) ELECTRIC THEORY as Applied to HUMAN working... : Now it is the electric theory which is wholly operative to our working and behaviour. It is not possible to give all parameters of Electricity as it is almost endless. So, I will explain basic, easy to understand language as applicable to human working as follow :

We have 3-Billion life cells which carry life charge or electric or battery or volt potential which gives our body 24-30 volt potential to work. Our brain operates electrically. Our eyes, ear, tongue speak, nose smell ; all operate with electrical waves, frequency and perception ; explained for the readers thus :

(i) Electric VOLTAGE : It is potential , pressure, working power and prowess. No work can be done without pressure! Steam in boilers, air in tyres and hand pressure in all jobs we do in life. School pressure, management pressure etc. load is **AMPERES** : The current is known in Amperes or work, labour, out put or result.

(ii) WATT-HORSE Power : This is measure of capacity of power, i.e. Volts x Amperes x Power Factor = or 240 volt x 5 Amps x 0.8 = 960 watts. We speak as 60 watt bulb, 40 watt tube, 25 HP = engine. (1- HP = 0.74 Kilo-Watt)

(iii) FREQUENCY : Frequency is the number of times the current changes from positive to negative per second. It is 50 cycles in India, 60 cycles in USA- every motion, sound, activity has movement, motion or frequency. Cosmic communication is endless world of frequencies. There are small, medium and high frequency for radio, telephones, defence and now mobiles. There is a high **WORLD WAR** of millions of frequencies in the sky. Sound frequency never dies. This is in cyclic motion like 'Snake-Curve'. One wave curve takes Nano-seconds. Light travels at 1,86,000 Miles per second at very high frequency or H.F.

In mechanical, it is compared with R.P.M. of engines, cars, pumps and motors.

(iv) FAULTS-Breakdowns-TRIPPING : For power supply failures, we now use terms like fault, breakdown or tripping. Since human also work Electrically in all of actions, we use so many such terms in day to day's life. He appears to be tripped today ! Oh, sorry, he has a high voltage wife. For a quick or fast

speaking person we express that he is a high frequency? Low B.P. is termed low voltage case. Oh, our M.D. is a high voltage officer ; be careful and so on.

There are more theories like Angle theory, Vacuum- theory and Energy theory. It may be noted that I make blending use of these while describing any situation, incident, parameter or a person. It becomes well expressed, clear and effective. These reflections are clearly visible in this book. I hope readers will enjoy reading, even if it is a typical style.

Q. Er Hardev Singh.....: I am also an engineer. How you project the technical language to human beings? How is this feasible to co-relate technical with us ? How these are compatible with our behaviour, emotions and attitudes?

* **Ans. by Writer.....:** Well your question is quite natural. I have to explain from very basic ROOT of creation. Now it; a fact that our body is the greatest machine. What ever we have invented or created is very much there in our body design. TV or films in our eyes, all 4 stroke engines in our 4 stroke heart working each cycle of 4 seconds, heart beat 72 times a minute; with **electric spark** in the heart like car plugs.

* All types of sounds and music in our tongue and all frequencies are deciphered and identified by our small 40 gram Mr. 'Ear' We have created hundred types of equipments by down loading process.

Q. Well, is there any firm proof from any reliable sources?

* **Ans.** This age requires proof of everything ! OK ! The universe is made of Energy in every aspect. Gita, Upanishads speak of Universal Energy.

* Shri Paramahansa Yoganand mentioned this as early as 1940's. Over all that Shri Guru Granth Sahib explains in details and puts a seal on this as :

“Whatever is in the Cosmos is contained in our body. Who so ever searches can find everything there in including GOD. (**Jo Brahmandey soi Pindey-P- 1069**) Further, every thing is born out of ZERO and every thing will vanish in to Zero. You are regular reader of SGGs; I hope you will easily understand this all.

Er. Hardev Singh- Oh ; yes I have read this hundreds of times. Now I have understood clearly please.

Q. What about man, woman ; husband and wife and relations?

***Ans. by Writer....:** This is the very question troubling us for ages. this is the only question. In fact, world has given birth to 11 religious and thousands of great books of religious sermons. The paradox remains more complicated. Man is more in problems. Daily sermons on TVs ; but is still a BUT ; a big BUT indeed. It is difficult to answer all this. I can only give basic Root reasons to analyze the malady.

Every person follows his will, his angle of purpose, ambition and targets of life. What ever he or she may tell to others but he only and only does as he likes. Husband and wife share whole life but always differ till end of their lives. No sermon makes any change in our lives. We may adopt many but in our own way. We are governed by 5 Egos and our pattern will never change change to other than this design of the Creator. These egos have different pattern for every one of us with our Genes and DNA. These parameters have different distribution for each male and female in % as follows :

	<i>Kam</i> (Sex)	<i>Krodh</i> (Anger)	<i>Lobh</i> (Greed)	<i>Moh</i> (Attachment)	<i>Ahankar</i> (Ego)	<i>Prem</i> (Love)
Man	20	80	50	20	80	20
Woman	80	20	50	80	20	100

This is based on my research of 30 years and found nowhere so far. This is to make man-woman complexity easier. Women leads in 3 Egos and man in 2 Egos. In greed they are equal. A woman never loves less than 100%.

But man's Ego of pride or Ahankar is very trouble some. Woman on the other hand is greatest in love and she can not love a man less than 100 %. An angry man will go to any extent for revenge against any one. A mother attached with her children can create problem plenty even for husband in property matters? Greed can do any dam thing we read in the news papers. This happened in similar patterns for ages in history.

Er. Hardev Singh : Does this mean there is no remedy and what happens is okay.

*** Ans- Writer :** Well, all has been like that. Even after Maha Bharat and sermons of Gita; WAR has not stopped in the world. Alexander, Genghis Khan, War of troy, Hundreds of

battles in India, two World Wars and UNO has not stopped wars of anger, jealousy and hatred of men in this world ?

* But remedy for man - woman problem is there. They have to loose their EGOS in each other through emancipated love, belief, equipoise and to the point simple correct approach without trouble to any body else. Husband and wife are to merge in each other by loosing their identity or Ego. They are two bodies and meant to be one soul. Here the 0 Theory prove that $1 \times 0 = 0$. SGGs teaches us that we can not call man-woman sitting on the same bed as real Husband and wife ; till they merge in to each other as ONE-SOUL.

Q. Again : How does or can this happen. How to loose our Egos? It is extremely difficult please.

* **Ans.** Writer : The problem is but simple. Man-Woman try to reach the Creator direct individually. They can merge in each other with total surrender, by both becoming Zero ! Normally they do become 0 for some time, but again revive it automatically and claim that I am... I am; – ? The WALL of EGO keeps them separated even when living in the same house, doing duties together, solving riddles of life and responsibilities. That is all summary please. Is it okay now.

Oh !! we were lost in this philosophy of —0. Great !

MY FORECASTS.... : Now I would like to mention some of my 15 forecasts which came perfectly true to my own surprise. In 1970's I was surprised by my own quick forecasts. I said things just in a flick and many came true. HOW ?

1.... 1988 FLOODS in PUNJAB.....: On 3rd September 1988, I was in office. At 5.30 pm Sh Mehta, Accounts Officer entered and asked about chances of rains. I just thought and I went to my childhood when there used to be heavy continuous rains. I said, "I have not seen continuous rains for many years." See long rains between 15-20 September, Mehta Ji said " I am on leave. Let us see ? Heavy continuous rains fell in Punjab from 17-22 Sept. with all records broken and loss of thousands of lives and property paralyzed Punjab. Rivers were in spate and over flowing broke and shifted banks.

2. In 1994, a colleague expressed that Japan has over taken America. I told that Japan economy would come down by 2000 and America also by 2005 This has come so well true to my own surprise please. (America came down in 2002 A.D.)

3. In December 2000, I announced in the World Punjabi Conference at Chandigarh that Punjabi Language will spread fast and become support language in 2-3 countries of the world by 2050 AD. Every body laughed in surprise. U.K. Prime minister Blair declared in 2002 that Punjabi is spoken by over 10 million and is second spoken language of U.K. In Canada it is at 4th position and may become second by 2020 A.D. ...(ii)

4. **1998 Heavy Rains...** : Again in 1998 on 20th August, I felt a compulsive feeling of heavy rains like that of 1988 after 10 days. I informed Member Bhakra to be vigilant about Dam level after 30th August as per bad experience of 1988. Thick clouds appeared around 28th. Slow rains started but not heavy. I kept checking. On 2nd September heavy rains started and Bhakra Dam rose by 15 feet in a day. Water was released to my relief. Rains paralysed Punjab and Uttar Pradesh and 20-30% Paddy was spoilt and blackened in South Punjab.

5. **ELECTION- FORECASTS** : Election forecasts go wrong. But my fore casts came 95% correct in past ten years.

Year	BJP + Allies		Congress	CPM	Others	ROOT
LS-1998-Jan	210	55	125	60	93	BJP-Wave but is
Revised-8 Feb	190	70	140-max	50	93	down in 2
Actuals -543	183	74	140	40	106	states
						CPM
						down
..... No other fore cast was so accurate please.....						
LS-1999-543	185	105	140	35	98	NDA Better
ACTUALS	181	103	129	30	100	(BJP 250- NO)

*LS- 2004— March BJP 220 >200> April - 8-Down to -170 ? NDA Allies Down to-65 (No shine). No BJP Govt.
Congress-130 = Allies 45 Others -132.

HUNG ? BJP got only 128, Congress 145; which formed govt. with other parties!

**** Punjab-Feb-2002 > SAD-37 + 5 BJP (maximum both) (45)/ Actual $42+3 = 45$**

Congress 52/ Actuals - 62 >> formed Government. (10 seats of small parties went to Congress which formed the Government, even without good Agenda)

**** (Punjab Feb. 2007)... :**

SAD maximum 50, Congress minimum 42, BJP 8. Also flashed on Prime Channel on 09.02.2007.

*** ALL FORE-CASTS based on Root- Factors are 95% CORRECT. as proved above.**

Against surveys by 'Out-Look' and 'India- Today'. Paper reports were wrong in 2004 which gave BJP 250 seats.

FUTURE THINGS TO COME : I have been keeping silent on my telepathic futuristic sensing and fore telling. I am writing here so that things to come are known to the humanity; if they listen to the dangers and take steps.

a) STRESS : The man made stress is going to create CRISIS in our lives. Man as well women will loose their equipoise and habits and create self crisis by 2050 ? Men and women will loose and destroy thier gender feeling, emotions, motherhood love, social bonding and feel depressed.

b) Marriage System : Marriage system will see dangerous features. All systems will fail with the ego-centric bounce in behaviour. Even muslim countries will have setious problems from their women by 2020-30's. Indian system will also see quick cracks. African, south Americans, middle cast, Japanese may be less affected by their gender CRISIS. Freedom, women independency, fashion etc will create problems for the WOMEN themselves as a burden for men folk. Even good, motherly women will be seen persuading, requesting men with adjustments; even offering concessions of mutual dealing, better behaviour and no nagging by wives.(iii)

SIKHISM may be wellcome soother in 'man-woman' better balancing system !

The Sikh culture, Kirtan or singing Scriptures, clothing and

marriage-bonding by religious sermons, mutual respects, tolerance, sharing empathy and all. The Sikhs have been already getting accolades in 15 countries by hard work, enterprise, sincerity, and reliability. The clothing, foods and Bhangra is liked world over now. They shine in work, Industry, farms, industry, MNC's and business.

c) **POPULATION** : Therefore, population will automatically stabilize by 2050- 70 and may not increase more than 7-b n. Many diseases, ailments, loss of care by mothers. No care of old parents by new generations and a 'World War' soon would automatically control population

d) **WORLD-WAR** : By my intuition, telepathy and future sense. I place the next World war around 2020 AD. Atom bombs will be used again as compelling factor to create paralyses in this world. About 300 million may be incapacitated.

CHAPTR-31

HAIR—SPIRITUAL—SCRIPTURES—SERMONS—CREATOR

This is the concluding chapter and therefore it would cover the spiritual matter relating in hair, sermons and thanks giving to the Creator of this universe, vegetation creatures and human beings on this Planet Mother Earth! The hair are maximum linked with spiritual faculty and the manifestation can be found in the actuality of traditions, culture, scriptures and the sermons of prophets, saints and elders of experience. It is not easy to satisfy the modern persons, who simply ask for proof of every thing? I hope these contents will satisfy many people the world over.

SPIRITUAL... : The hair has been the most natural identify of spirituality from ages in all countries. This has been s—mentioned in this book at suitable places as per subject matter. Christ had full grown head hair, moustache and beard and is shown with brown golden hair in the paintings. Budha also had full hair, but is shown without beard? Mohmmad kept unshorn hair throughout. Saints all over the world were identified by full flowing elderly hair. Indian saints Kabir, Namdev Ravidass, Pipa Ji, Baba Farid, Dhana Jat had full hair to link with their spiritual living. The spiritual person generally liked to keep complete hair by virtue of some spiritual effect of the hair power on their feelings and living. They respected their Hair much more than any part of their bodies?

Any disrespect of hair was very pinching and cause of immense trouble to their feelings and they could protest in many ways? Women who adorn their hair, when ever upset ; throw their hair open in protest showing their revolt of helplessness to the family members. they do not comb the hair when her husband is in trouble or seriously ill and she is intensely and spiritually worried.

HAIR in SCRIPTURES.. : Hair also find description in many scriptures; specially in *Shri Guru Granth Sahib* of Sikhism,

where hair has been given SUPREME respect. Some quotations from scriptures are given below :

a) 1. **QURAN... Sipare-2, Soorat Bakar Aayit : Warmatimul hn jawal Umarata lila Fuin, Uh Sir Tum famas milal hadaya vala Tahley.**

(Ref. Paramjit Kaur)

Means : Complete your HAJ for Allah and do not shave thy head.

2. Kabir "Moond mundai jou Sidh Payee Mukti Bhed (sheep) na gayeeya kayee"

Means : How one attains salvation by shaving head, or all sheep would have also got salvation ?(SGGS -P-324)

3. **Baba FARID... :** "*Head hair is gone grey, my beard is also grey. Oh my blind and mad SOUL ; why are you revelling so much ?*"

b)**CREATOR** is in the **HAIR... :**

4. **Shabad :** "*Rom Rom Raviaa HARNAM*".

Means : GOD's Name is blended in each of my HAIR!

....(SGGS-P-1144)

"Rom Rom Mahh Basih Murrare" :

5. **Saint NAMDEV :** "*My body is drowning, O my Lord, adoring Hair on Thy Head, Take me across this mundane ocean of the world ?*"

c) **SERMONS on HAIR in Shri Guru Granth Sahib...:**

There are large number of writings, guidelines and Sermons in SGGS in addition and some of them are given for the reference of the readers covering different aspects of hair :

6. Guru Nanak discussion with Sidh Saints : (This is not to preach Sikhism)

"Gurmukh Rom Rom Rom Mai, Gurmukh Ram Dhiayae Ram"

Means : A pious person meditates on God with every hair on his body. -(P-941)

7. *"Rome Rom Rom Rome Mai, -Gurmukh Ram Dhiayae Ram"*

Means : Godly persons remember GOD through every cell of their HAIR!(P-443)

8. "*Kessan ka kar Beejna Sant Chour Dullavou*"

Means : Making a FAN of my Hair, I wave it like *Whisk over the SAINT respectfully!*(P-745)

9. "*Diwas Raat Tere Pau Palosuo, Kes Chawar Kar Pherree*"

Means : Day and night, I serve at Thy feet, My Lord; and wave my Hair as a service *Whisk Over Tee my LORD*

.....(Saint Kabir-969)

10. "*Keslta ka kar Beejlla, Khin Khin HAR (God) Soyee,*(i)

Means : With every Hair utter Thy LORD's Name and every flick keep Him in thy heart !(P-1147)

There are many more sermons on the Hair in SGGS on subtle aspects; quite difficult to grasp the meaning. The basic principle is the spirituality, purity and sanctity status given to the HAIR in SGGS ; linking the Hair to the Almighty Creator every moment. The God does not require any thing from us, except sincerity and total pure devotion. That is why it is repeated that "one must remember God with every hair; which only means a total submission, faith and synchronization with every Hair on the body ! Hair are used as whisk to worship .

The scriptures at page 443-745 and 969 are directly connected with hair as personal means of worship. At page 836, it is written that "In every hair, mind and body limbs, there is utter pain of separation from the Creator. Without His glimpse, sleep comes not to me at all". This is the stage of total synchronization ! The respect with hair is considered of highest order and purity.

Fourth Guru Ramdass was supervising the digging work of Amritsar Tank. Sri Chand ; elder son of Guru Nanak came to see the Guru at advanced age . It had rained and Sri Chand had mud sticking to his feet. He had nursed grouse for not being blessed with Guru ship to him by his father Guru Nanak? Guru

Ramdass had long and thick beard. Sri chand questioned him as to why he had grown such a large beard ? The Guru replied that it is meant to clean the feet of elders ! Catching his beard , the Guru started cleaning the feet of Sri chand ? At this , Srichand was astonished and expressed that “You really deserve the Guruship of Guru NANAK and are deserving heir to my Father Guru and not me ? I myself did not at all qualify for this ? I did not deserve it and did not get it on account of my EGO and pride ? So , this explains the importance and status and magical effects of HAIR.

d) Extraordinary Status of HAIR... : There are some extraordinary matter concerning Hair and mentioned briefly as a culmination.

1. Guru NANAK had visited Mecca . There was a Muslim Saint Badr -Ud Din who asked many a questions of clarifications regarding Muslim and Hindu traditions. The Guru clarified all the points without any favour to any one i.e. :

Truely Nanak Shah said, listen O Peer Badr-Ud-Din Hindu, Muslim both suffer; by trimming their head clean. (Nanak) (Ref. Dr. S.S. Alag)(ii)

This should not be construed in a limited way ? Guru Nanak is telling the whole world about the Root value of the Hair; without which human beings are sufferers. This is a highly technical, biological, scientific, moralistic and religious sermon; which was strengthened by 10th and last Guru Gobind Singh by creating Khalsa with unshorn Hair in 1699 A.D., as explained in the chapter 23 on the ‘Return of Hair.’ Fifth Guru Arjan Dev, confirms this further in the words thus:

* “*Sabbat Soorat RAAB di; Bhanney BE-EMMAN (Dishonest)*

Means : Godly blessed perfect out look with hair, is destroyed by the faithless ?

Or- Alas the Man tramples the Perfect FACE designed by the Creator.

Or- Dishonest is that man who interferes with the GOD given looks ?

In fact, the Sikh Gurus did not make any distinction or commandment for keeping unshorn hair. They rather preached that every person should follow his or her religion sincerely. A Muslim should be a good Muslim, a Hindu a good Hindu and a Pundit be a good Pundit. Guru Nanak has at many places explained them how to be a true *Muslim*, a true *Hindu* and real *Pandit* and how futile methods they follow in real life and preach others? Therefore, giving examples from scriptures is no way preaching Sikhism please! Sikhism is ont to be preached; but followed by those who like it for themselves on merits of the way and Sikhism culture?

It needs to be clarified that there are no forcible conversions in Sikhism. There is complete freedom of religion. This is well observed and proved from the fact that no person of any religion or caste is stopped from entering a Gurdwara.

Guru Gobind Singh and HAIR Transformation... :

As explained earlier, the Sikh Gurus never interfered in any religion and respected all religions and their followers for over 200 years. It was towards the end that the Tenth Guru created Khalsa in 1699 AD at Anandpur Sahib, with totally transformed man in a new and complete shape, with unshorn HAIR and Turban along with commandments to be followed by him for leading a disciplined and characteristic life with checks and balances. A single deviation could make him answerable to the society for suitable punishment called '*Tankhah*' or Wages or Pay in today's language. It was a moral punishment like cleaning shoes, utensils and sweeping the places and floors with humility like a person of service.

It was accepted with respect, grace and humility.

In this way the Guru created a standard human out of this tormented world.

The GURU held the true disciple in highest regard as described in Chapter -23, under 'Return of the HAIR'. He himself obeyed their orders as a Disciple of the disciples and

evolved a 'Master and Disciple' theory ! He exclaimed that :

Khalsa is my own very special Form and I do myself dwell in Khalsa !

Only he is my Sikh, who lives by the commandments.

As long as the KHALSA remains of distinct identity. I transfer my complete potential to Him. But when he goes stray in duality, I have nothing left for him. How was all this ? Here are some examples :

Banda Singh Bahadur.... : He was a North Indian who turned ascetic after killing a pregnant doe and went to Nanded in South India. In 1708 AD Guru Gobind Singh reached there and transformed him as Guru's man or 'BANDA' by keeping full hair. He was deputed to Punjab to settle scores with Mughal Nawab Wazir Khan in a battle at village **Chappar-Jheeree** (or Pond + Jungle), leading to break down of Mughal Empire. He had great personality, prowess and large thick beard.

Sardar Jassa Singh Ahluwalia.... : He was very strong leader of Sikhs in 18th century after Banda Singh Bahadur. He was tall, very heavy built and had to change horse every hour during fighting. He lead Sikhs for long in most troubled times during repeated attacks of Abdali; invader and looter. During 6th attack in 1762, Abdali came with 22000 balouchi raiders and suddenly reached near town Maler Kotla on 5th Feb. where 40,000 Sikhs were traveling with families. There was a do or die fast battle as Abdali aimed to finish the sikhs for ever. Ahluwalia lead the attack with a circular rotational fighting with families at the center and also moving forward up to 4 miles. Then Abdali attacked on two sides. There was huge loss on both sides with 25,000 Sikhs killed. It is called '**GHALLUGHARA**' or the hurricane battle. Abdali proudly expressed that he has damaged and finished the Sikhs. Sardar Ahluwalia retorted No. Raw materials is gone ! **Steeled Sikhs remain ?** He had royal personality, thick gross long and firm beard which express great powers.

Bhai Taroo Singh... : As already described in details, he

as a truest Sikh did not allow his head hair to be cut. Instead he got his scalp removed with hair intact !

These are sample cases as Guru powered SIKHS Shine more in diversity and challenges.

There are numerous writings of the Guru on the appreciations of Sikhs in different words and formats; difficult to understand in this modern culture of down grading, blasphemy, loot, vices and general loss of character all around we see.

Human system appears to be on the brink of collapse by itself. It is the age of pleasures against simple, natural and balanced life advised and followed by the Guru in the Khalsa form, actions, attitude and discipline. Not heeded to be said again and again. Truths, writings on the walls, research warnings and visible signs are clearly visible. What will be; will be ! Wait and SEE ?

CHAPTER -32
FUTURE OF HAIR-NEW TRENDS-EFFECTS-
HAIR-SCOPES MEDICATIONS-INTERVIEWS
COMMENTS*

Future of HAIR is very prominently important and vast research will open so for unknown fields in laboratory TESTS, medication for body ailments, preventive maintenance for possible problems by Hair-Tests 10-15-20 years in advance as against post treatments now a days. It may be possible to detect arthritis, migraine factors, metabolism features, procreation- dysfunctional problems, kidney, thyroid, liver, cancer, eye sight sleeplessness, **Tension-Stress-Fatigue-Unbalances-Depression** causes, blood features and large number of other problems; plus complex problems of future. It will help the children as preventive treatments and not after the damage is done.

The health problems are going to escalate as fast as we have made our life. Overtime working, less rest and sleep, race to earn wealth by self straining, husband-wife employment and related side effects. **The traffic tensions, no time even to eat well, late hours to bed, TV diversions, late hour serials and all else we very well know. The papers are full of warning articles. The students Book-burden, tuition time diversion, guess paper time wastage and EXTRA-HIGH-Marks levels are plying havoc at the teen age itself. Stress, tensions, pre-examination Phobia leads to unbearable hang ups and suicides.** So where are we heading for is of our own making under self made compulsions of urban life styles. The situation is already out of control. Hand work reduction, paper work monotony, computer long working hours. Telephone-mobile ringing, noise pollution and all other factors make us their slaves; albeit, we have full freedom, but enslaved by our own making of labyrinth cowwebs of modern culture in the name of progress?

Therefore, we will go to our Hair computer to help us out

of the mess of our own making. With this brief of out multiplex problems, I earnestly request the world medical researchers tp found new scientific parameters ; instead of finding more and more new medicines. The treatments have to start before onset of the disease to dangerous levels and frequent visits to the hospitals as seen at present. We accept everything as a compulsion. It need not be stressed that **'Prevention is better than Cure'** as we get the preventive maintenance of our car to avoid any breakdown. But, alas we do not care for our body health and consider it as ever perfect and perfect till it takes to hospital without any delay at that time, day or night, rains or curfew, by any means too. Good ; we are so care full at last!

NEW TRENDS : With modernization, large number of new trends are appearing in our life styles. Men and women are not satisfied to be as near to natural as they were earlier. Hair are by their silence attitude are being made to obey the whims of out fashion styles. Hair format are being changed every weak to create different looks. Just in 10 years, beauty parlors are seen in every street, Lane, market and even houses plus home service at your time and convenience. Hair styles, curves, curls, cutting and shortening and scores of designs specially for ladies who are fond of their hair ornamental. The dangerous trend of colouring, shampoo culture is doing maximum damage, other wise good, healthy, shining, luxurious and houncing hair. Large number of ladies repent only after spoiling their healthy hair by wrong hair applictiaions. Then they ask for remedies which are rather difficult and remote and prove very costly. Dyeing of a small patch of gray hair causes whitening of all hair on the head even at the age of 30-35-40 years.

Modern Trends and Effects : Modern effects of pollution of Air-Water-drains-Traffic fumes and the junk fast foods culture plus over stressed work culture are telling the truth in the following symptoms:

1. Skin Problems : The pollution factor has created many skin related problems in form of rashes, red spots, eruptions

and allergies of many kinds difficult to treat. New born infants, school going kids, young and adults; all are seen scratching.

2. Obesity : More eating and reduced hard work has created a new health parameter of fatness, obesity, overweight and high B.P. in men and more in ladies and now even in children the world over. The problem is bursting and now Indian schools will have more sporting periods and YOGA to control it to some extent. The hospitals spend more than Rs. 5,00,000/- Million every year in India and much less on poor hungry. This amount can easily solve the hunger problem of India.

3. Heart Attacks : All these factors compound to the unexpected hearts attacks the world over. It just comes one day and a person is unable to get up from sleep. We take it as very natural without questioning our regular faults and blunders . What can be done ? It is a heart attack case ? It is wish of God; but God does not wish this. He has made our body perfect and we make it like this? **God wants us to live plus 100 years !**

4. Hair : Hair take all the burden silently .They start breaking, falling, twisting and getting gray even at 30 years age to just indicate the problem in our body ? We very well ignore these aspects and let the health go out of order ! Therefore, early hair tests are very important to unfold the hidden health Dangers.(i)

The future is full of problems and the side effects will appear in the Hair health and appearance like graying, breaking, crinkles, falling and islands on the heads. Therefore, hair will occupy the basic source for symptoms , tests, structure analysis for deciding the type and quantity of medicines and dose fixing just by 2015-20 AD. Probably, homeopathy and HAIRO-PATHY will go together. These are the basic hairo-scopes for 21st century. Therefore, this book is a prelude to future science of new treatments to appear quite early.

5. Medications : The trend in medications is changing fast. Now doctors advise to take minimum medicines. They do not give medicines to children every time of the visit. Some

parents take their kids to doctors after 3-4 days. The doctors question as to why you bring the child for every time they sneeze ? Let them learn to face and adjust with life forces and seasonal effects.

6. YOGA-Natural Ways : Now there is awakening to Yoga camps in every town, natural diets, fasting, exercising and even meditations in schools, offices, BPO's firms, MNC's companies and retired persons as well.

Special Views : Recently, Hair has become center of great attention on account of fashion, problems and side effects. Observations frequently appear. Therefore, some special views from the articles and even news papers are mentioned as:

(I) Mrs Simran, House wife Mohali. : Mrs simran is a south Indian lady married in north Indian family. She is very intelligent, sober, balanced and all rounder. She tells that her hair is main part of her personality, mental outlook and physical charm ! Hair reflect your health and accord respect in society and relations. I do not believe in old taboo of not washing hair on Thursdays. Earlier people made taboos. We must eat natural, nutritious foods to keep health and hair shining.

(II) Shahnaz Hussain : Some of the reasons of hair loss are thyroid imbalance. stress, illness and nutrition deficiencies. Hair damage is caused by repeated dyeing, colouring, perming and straightening. Eat fresh fruits, salads, sprouts, curd etc.

(III) Tanushree Datta Actress : I eat typical Indian diet, which I think is balanced and wholesome and drink 10 glasses of water to keep skin and hair healthy.

(IV) Kareena Kapoor Actress : I owe my long and, luxurious hair to my mother who cared for them since my childhood. She has long, luxurious, shining hair.

(V) Beauty Blunders : Hair colouring disasters are now quite common (TOI- Feb-2006)

(VI) Dr. Apoorva Shah and Dr. Sonal Shah Pond's Femina Miss India Hair expert : They are associated with the contest for six years now. He tells that in order to keep with the latest trends, the contestants subject their hair to perming, straightening

colouring with blowers. ...(TOI - 17 March, 2006-Appendix)

The fashion industry is very stressfull. In trying to look best quickly, they do damage to hair. They confirm that "the hair is what you eat". They carry out trichology analysis of hair, scalp and the follicles and classify the hair as per degree of damage done to the hair health? But they prescribe spinach, cabbage cheese, almonds, cabbage, milk and 14 glasses of water for flushing.

VII) Spielberg and HAIR CUT ... : Spielberg production has been sued by the father of an 8 year old girl for doing stylish hair cut for acting against their tribal traditions, for \$ 2,50,000 as emotional distress and \$ 75,000 as damages. This is modern case indicating the value of Hair like that of Baba Alla Singh. (TOI 20-3-06) (Also refer to Appendix)

COMMENTS ON THIS BOOK :

I. Sh Ajay Goel, software Engineer Delhi : This is an unique subject unheard earlier. The matter content is very interesting, useful and on scientific patterns. It will be highly useful book in the coming future. However, language can be made more understandable for general readers, being technical and scientific material.

II. Er. Hardev Singh Mohali (near Chandigarh) : Er Hardev Singh is a Yoga instructor and reads SGGS regularly. He has abserved this hair subject totally new and very interesting, informatory, useful and technical. He is impressed with the details and scopes described in the book. It is a book for the future generations. He feels satisfied that the hair is most respectfully mentioned in SGGS. He has put many questions.

III. Mrs. Bandana Prasher YOGA Instructor... : Mrs. Bandana Prashar is daily yoga instructor in east Delhi. She has clear insight in to the health basic as :

(i) Healthy person is recognized by the appearance, shine and lusture of the hair.

(ii) If our stomach is clear, the toxin are thrown out and not accomulated. Only then we have good health in the shine of eyes, skin and luxurious hair.(ii)

(iii) She links the Yoga with the preventive maintenance and upkeep of mind and body in good form. Yoga started long back as a prevention of ailments, health problems and stress control methodically without using medicines; rather than post disease treatment when damage has taken place. Now, even doctors advise exercise and yoga practice, which is now spreading every where in India and the World. Hair have similar duty to inform you about coming health problems by falling, cracking or greying much earlier than expected.

There fore, yoga and hair are well interrelated. Yoga means good health, good health means good shining hair and which means good health itself please.

(iv) **Miss Aarti-MBA-Customer Associate NOIDA..** : I have found this subject of Hair quite new and very interesting and never heard earlier. Hair has been described with intricate details. The chapter on Sun power and hair is very new and interesting. We must keep out health and hair in perfect order as given to us by the Creator. We should not spoil it with habitual mistakes, attract diseases and problems of many kinds and then go for medications as a compulsion mania.

I agree with the writer that as we know better about our hair secrets, we will surely follow natural ways and natural foods and diets, instead of artificial things.

(v) **Dr. N.K. Sharma : Specialist 'Neuro-Skeletal-Chiropractor' :**

Mayur Vihar, East Delhi, He very lucidly explains thus : It was a wonderful experience for me, while I was going through the text on the journey into the 'Secrets of HAIR—Science' researched, observed, analyzed and compiled by Er. Nirmal Singh; who has spent long many years in Engineering Technology. The author has not missed an iota to use the terms, terminology and examples related to his field; and has put forward things very lucidly and vividly !

I am convinced to a large extent about his abservations, which miss the analysis even by the classified health care professionals in ascertaining various health problems properly.

The learned author has assimilated his age long experience with regard to the study to texture, genesis and the patterns of hair. He has compared the human hair in general and hair of the head in specific, with that of antennas which are electrified channels worthy of assimilating the charge and then dissipating when required for the benefit of out mind and body.

Every one would have seen active hair when a person is under trauma, fear, hatred, love, greed, treachery, crime or mischief but perhaps no one would have endeavored to pen down their observations like that of the author. The compilation is worth reading and discovering the mystery behind the 'HAIR'. I wish high level of success to the author and fully appreciate his relentless efforts to produce his well observed and researched 'MASTEER PIECE, in book form for benefit of the mankind."

The Author : These comments by an expert and specialist doctor strongly strengthen the whole hair philosophy given in this book. Not only poisons, but even stress and Traumatic effects can be detected from the hair analysis to confirm the criminals by the investigating agencies; just like 'LIE' ditectors. 'HAIR—REVOLUTION' is surely and steadily evolving. So, respect and care thy HAIR very well please.

THANKS

SYNOPSIS

HAIR-SPIRITUAL DIAMONDS-PART-III

Hair are of no less value than diamonds because priceless they are ! Diamonds are difficult to be priced and historically their price was, stealing or possessing them by clevery, as has happened to 'Kohi-noor'. The Hair too could not be priced like kidney or eyes. Those who respect hair can give any price; including death as done by Bhai Taroo Singh in 1745 AD. So let us be SPIRITUAL with our Hair as closing tribute.

1. The hair bestow the white glow Crown to the saints, **GURUS**, religious people; an insignia of respect, status, religious personality and commanding position.

Remember the graceful white glowing Hair of Guru saint Kripacharya, Dronacharya and Bhism in Maha Bharat ; Indian mega serial. Hair made a character.

2. **CHRIST** possessed hair, beard and moustache, shown with golden brown Hair in the Biblical films. Saint Kabir, Farid the Muslim faquir, Ravi dass, Namdev, Paramhansa, Ramdev Yogi, Rabinder Nath Tagore, are some of hundreds of Saints.

3. The hair are but the blessed Crown for the ladies. The ladies covering the hair with veil or sari pallu or scraf gives them. Grace, respect in society and their face gets a hollowed glow But now that tradition getting a beating due to the trimming, half cut open hair mod culture, loss of the old social respect which women are forgetting and exposed to hazards.

4. The Hair being immortal and indestructible, are kept as Relics of Saints, kings and great persons. Hair of Prophet Mohammad are known to be kept in Harbaztal shrine in Kashmir and Deoband town of Uttar Pradesh in India. Hair of Napoleon, George Fedrick; the British Kingh of 18th century are kept in London Museum.

5. Hair make a complete character of the possessor, his appeal, personality and wholeness of life Energy format. A women

with hair trimmed looks incomplete and unreliable although she flaunts her Hair in her own egotistic manner and style. Women with long, dark, thick bouncing hair have typical grace which attract the attention of men; is but the very ROOT-Science of creative Energy-Force. A bald or woman with small, thin hair will not attract men even if the woman is beautiful ?

6. The long, golden, silky shine and tensile hair of north European countries like Denmark, Yugoslavia, Romania, Sweden, Bulgaria and Russian, girls and ladies are sure sign of strength, stamina and wholesome healthy, which makes them world class gymnasts with perfect 10/10 marks. Their Hair have shine, glaze and bounce.

7. Horses have very strong hair like steel wires and are used to cut moles to avoid sceptic. Horse tail hair are like steel wires which is direct indication of steel strength and stamina of horses required to run for many hours, fight battles, controlled foot work and sprint speed. Hair of each animal indicate the power required for various drills of life.

8. The growth of hair is a continuous process. Growing, falling, breaking, graying, silver- shine till our life. The Hair grow at various stages of life as per technical requirements of age pattern and needs. Fine hair for babies , children, puberty hair signal youth power hair in moustache and beard and hair appear even in the ears at advanced age of 60 years as told by one friend. So, hair go on appearing at various levels and this very well clinches that every HAIR is essential technically.

9. The HAIR shining and heavy like diamonds, are sigh of great energy, good character, stamina and the person is difficult to be taken for a ride or difficult to be cut like Diamonds. He is firm, reliable and over all great human on this Mother-Earth.

10. Hair are great spiritual asset as these are spiritually charged members of our over all body format which make linkage with the Creator-God through micro waves and frequencies, thereby, feeding the Brain with Super-COSMIC-FLASHES.

11. Saint KABIR has satirically questioned the Indians in his Slokas that :

“O Indians ! you could not trim your MIND ; then why trimmed your HAIR. What is the fault of the poor HAIR? It is the mind which creates the problems. What is the use of distorting your outlook personality by trimming and shaving your Hair, instead of trimming the Mind-?

12. Cry within, try within and DIVE within and watch what perils and Hell you have created within your body ; in a well designed perfect heaven by the Creator.

13. Hair are the end system of our body format or IQ-EQ-SQ summary and care taker of our health. They attract suck or EAT the POISONS. to fall or sacrifice them selves. As for possible they save the body - system like V.V.I.P. security system as happened in case of Napoleon in 1821 AD.; when hair started falling due to slow poisoning effect and Napoleon died after a couple of months. This was detected from tests in 1960 of fallen hair collected by the friends in 1821.

14. Hair are the end summary, essence, spiritual, glow, wisdom barometer, respect factor, sagacity, crown of women, shield for Brain and insignia for SIKHS. They respect Hair more than their life and are making great news in Scotland. France, Canada, America and other countries on different incidents. The hair are returning in their true respectful status slowly the world over. This is indicator of future of the HAIR to come the world over in slow and steady way.

15. HAIR SPIRITUALS-BABA SANTA CLAUS : The Hair are so super- spiritual that it is impossible to imagine Baba Santa Claus without white, thick, gross HAIR to the extent of concealing his eyes, mouth to his chest. The hair format is so well recognized the world over that children with such make up are difficult to be reconized and appear to be real, elderly Santa Claus. So, thick, full white hair is the insignia of so well respected Baba Santa Claus the world over.

The End

APPENDIX

DISCUSSION WITH S.SARUP SINGH ALAG FOR HIS BOOK "HAIR-POWER"..... on a cup of tea in-1995.

(Extract-)

AN ELECTRIC ASPECT OF THE HAIR

Engineer Nirmal Singh is the Chief Engineer (Retd.) of Punjab State Electricity Board. His Engineering expertise is still acknowledged by everybody in the board. Besides this, he has a wonderful capacity to use his knowledge of electric current. These lectures have been very well received and they reveal the great intellect of S. Nirmal Singh. He can also make almost exact prediction about rain with his scientific expertise. He had predicted well in advance about the countinuous heavy rain on 3 September 1988 which lashed Punjab in the last week of Sep. 1988 and everybody knows that Punjab witnessed the severest flood of the century in those days. This well known person has also expressed his views about the hair from the perspective of electric theory and scientific knowledge. His views on the subject are summed up as under for the perusal of the readers.

1. The knot that the hair produce on the head has been a question mark for mankind the world over. Most of the people consider the hair unworthy and thus ignore them. This explains as to why 90% of the male population of the world shave off their head/moustaches by trimming their hair. They follow the fashion, and suffer thereby.

2. The importance of hair has been rather great and infinite on the basis of science. Everybody knows about the importance of long and thickly hair for women because they are considered the precieuse wealth of womenfolk. Of course, the importance of hair is the same to both man and woman, but man in his ignorance and owing to some unknown reason, looks at the hair differently. In fact, the hair perform an inportant role on establishing man's unique invisible and constant relationship with the universe. Besides

this, they also keep up united with our Creator. Had there been no hair, man would have remained cut off from every thing. In that case, he would have been no obvious relationship between man and his Creator. It is to maintain this relationship and connection that the Lord had produced roughly one to one-and-a-half/ac of hair on each human head.

3. Our knowledge of the hair is rather meager because we consider them superfluous and unnecessary without ever reflecting over and analysing their role in our lives. Just as a transistor starts broadcasting exactly the same programme of the radio station if we put the fromer on the same frequency as that of the radio station, similarly we constantly receive from universe electronic and other subtly energy through hair and get benefit from it by making use of it. Just as there are numerous towers near by the transmission station, aerodromes and wireless station; there are hair on the human head. If the tower near the aerodrome does not function or is knowingly disconnected or dismantled, none of the planes would be in a position to land safely and accidents would occure one after the other. This is what is continuously happening to us. **The ill treatment and harshness we inflict on the hair result in numerous bodily disorders and diseases, heart attacks and such other fatal ailments. Therefore, the cluster of hair on our head is, in fact, our security ring.**

4. It requires a lengthy book to dilate upon in details on the importance of the hair. In fact, the hair possess magnetic and electric energy. The scientist who invented electricity for his idea from rubbing a stick with a cat's fur. Human hair are much longer that those of a cat. These hair have the capacity to catch the shortest, medium and largest electronic frequence. They gather together the most subtle messages from the divine and transmit them direct to mind. That is why sometimes some very strange and aline thoughts come to our mind which ordinarily have no relation to our life. Had it not been so, our life woul have been just like a machine and in this vast universe our position would have been like those of the deaf and the dumb.the saints, scientists and philosophers all over world preserve their hair and beards as a precious treasure. This comes to them naturally whereas in

other worldly affairs, such as their personal appearance (dresses, etc), constructing houses and acquiring household effects; they are not very careful. Everybody can understand the reason behind this. These persons know that it is because of the hair that they are, what they are. No power or pelf can provide them this status or the spiritual position they enjoy.

5. As we have said above, some people all around will get interested in the theme of hair-power. It will soon develop into a subject of serious and deep study because the connection of the hair is with everything from heavenly energy to physical energy, intellectual wisdom of the martial element and powers of body. The female charm and sex appeal is also because of the hair. It has generally been observed that a woman who does not have long and thick hair, does not look charming and attractive even though she has all other physical charms.

6. The hair are of various kinds- plain, curly, heavy, thin, black, brown, etc. A mere look at the hair can reveal to us several of the hidden qualities of the wearer male or female. The shape of the hair can reveal 15-20% of man's habits and temperament. Just as reading in between the lines of one's palm and shape of nose and eyes can help make predictions about the persons; we can learn of the many hidden qualities of a person if we make a serious study of his hair. Thus, the hair are the most important- scientifically and technologically. In the Sikh code of conduct the hair get the primary position, although the Sikh Gurus have ordained that the hair be maintained in their natural unshorn form for various other reasons.

7. The brain, preserved in the safety of the skull of our head, is the most important organ of our body. God has employed one to one-and-a-half Lacs of additional security guards in the form of hair for the protection of the brain. They resist the blow of any stick, sword, etc because the hair besides being very velvety and slippery are also rather sturdy like the edge of a shaft. (This is how Sardar Nirmal Singh thinks about the hair).

II

Vimhans

Dept OF CHIROPRACTIC science

Vidyasagar Institute
of mental health
and neuro-sciences

Dr. N.K. Sharma

M.D. Ph.D. D.Sc.(Aln Medicine
Consultant physician & choropporator
(Spine Corrector)
Specialist : Neuro Skelets & spinal
Disorders Ortho Muscular disorders

It was a wonderful experience for me while I was going through the Text on 'Journey of Hair'. researched, observed, analyced and compiled by Er. NIRMAL SINGH who has spent long years in Engineering Technocracy. The author has not missed an iota to use the terms, terminology and examples related to his field, but he has put forward the things very lucidly and vividly.

I am convinced to large extent about his observations, which miss the analyses by the classified health care professionals in ascertaining various health problems. The learned author has assimilated his age long experiences with regard to the study of texture genesis and pattern of hair. He has compared human hair in general and hair of the head in specific with that of antennas which are the Electrical Channels worthy of assimilating the charge and then dissipating it when required.

Everyone would have seen the hair when a person is under Trauma, fear, hatred, love, greed, treachery, voured to pendown their observations like that of the author and appreciate his relentless efforts to produce this master piece.

Dr. N.K. Sharma

III

ANAEMIA AND HAIR LOSS (JULY 2006)-T01

The most common form of anaemia is iron deficiency anaemia which is common in telogen effluvium type of hair loss. It is suggested that women in particular are susceptible to iron deficiency due to the regular loss of iron rich blood during menstruation. Chronic iron deficiency also leads to rapid hair loss, weight loss, pale appearance, spoon shaped nails, depression, general lethargy, change of hair colour to a lighter shade and excessive dryness of hair.

Iron Deficiency Anaemia : As discussed this is caused due to chronic iron deficiency and leads to symptoms including rapid hair loss weight loss, pale appearance, spoon shaped nails, depression, general lethargy, change of hair colour to a lighter shade and excessive dryness of hair. The main cause for this is vitamin C Deficiency, which can also lead to iron deficiency. It can be caused by heavy consumption of caffeine rich tea and coffee since caffeine reduces the net availability of iron supplied by broccoli and beans, but requires Vitamin C for good absorption.

Copper Deficiency Anaemia : Some years ago it was quite a mystery as to why certain symptoms of anaemia typical to Iron Deficiency couldn't be cured with iron or foods that contained iron. The reason was that this type of anaemia was not caused by iron deficiency but by lack of copper, known as Copper Deficiency Anaemia. Copper, besides acting as a catalyst in the oxidation of hydrogen and the formation of melanin (the pigment that gives hair its colour), is needed for the release of iron stored in the liver, for intestinal absorption of iron and for the absorption of iron into the haemoglobin.

Copper pipes that carry drinking water might also supply some copper. Sources of copper include mushrooms (Which are especially rich), grains, will have a bearing on the relative richness in copper.

By Dr. Apoorva Shah

IV

'There are around 40-50 types of hair disorders'

What kind of hair related issues do people come to you with?

Hair loss is the most common problem. Men suffer from it four times more than women do. But the trends is changing now. Earlier, the ratio of men and women was 80:20, now it is 60:40.

What are the solutions that you offer?

There are around 40-50 types of hair disorders. It takes a trained professional to make an accurate diagnosis to provides necessary treatment. My wife, Dr. Ushma, and I, are the first Indians of obtain a degree in trichology from. The Trichological Society, London. Since we practise homeopathy, we are combining it with the latest findings in this field. Through The Trichological Society, we got a chance to interact with some of the world's best trichologists and realized that our treatments are providing much faster and better results than seen abroad.

How are hair-related issues in India different from across the world?

There are a few difference. Due to a primarily vegetarian diet and fasting, we lack protein and iron which are very important for hair growth. We have invested a lot of effort in developing knowledge and bringing the latest technology for scientific analysis of hair problems, and providing advanced diet and nutrition counseling specific to hair. You can call our clinic on 011-52796000 to know more about it.

What is your take on the debate of chemical versus herbal treatment?

Herbal is definitely the way to go. When buying a shampoo, always check for the **ph balance**. See whether it is mild to ensure that it matches the ph balance of your hair. Also, I would recommend people to take a patch test before colouring their hair.

ASISH SAMANTA

V BIZARRE?

Scientist 'lives on Sunlight'

*Michael Werner, a German scientist, is being studied by his colleagues after claiming to have eaten nothing for four years. Werner claims to get all his energy from sunlight and says he drinks only water mixed with fruit juice. Werner has written a book about his experiences, saying that when he started the experiment he even put on weight.. 'I can't say what is happening on a scientific level, but just a little bit of faith is all that is needed' he says. Those investigating the source of Werner's energy say only **plants** can synthesise energy from the sun.*

By the Author:-

This extraordinary case only proves that Michael Werner is getting enough energy, Vitamin D and life procreating matter from the Sunlight like the chemical synthesis by the plants (Plants get all life energy from Sunlight) without Sunlight plants and crops turn poor yellow.

VI WORLD OF MOUTH

Spielberg production sued over haircut

A Mescalero Apache family in southern New Mexico has sued the producers of Steven Spielberg's television miniseries, *Into the West*, claiming a set stylist cut an 8 year old girl's hair without regard for tribal customs. **"It's part of our culture not to cut a girl's hair until her coming of age ceremony."** the girl's father, Danny Ponce, said Friday in a telephone interview. "The only ones allowed to do that are the parents. Nobody asked for permission." Ponce filed suit in US District Court in Albuquerque on March 6, naming Turner Film Inc, and the unknown stylist as defendants. **The lawsuit seeks \$ 250,000 for emotional distress and \$ 75000 in damages.**

VII

LONG, LUSH LOCKS LURE LOVERS

New York :- Halle Berry aside, most American men show an **“overwhelming” preference for women sporting long, luscious hair** compared to shorter cuts, researchers report.

Oh, and sorry, Madonna : Men also seem to prefer brunettes over blondes, by a wide margin.

The findings are based on interviews with 50 men conducted by psychology researcher Dr. Kelley Kline, of Florida State University in Panama City, Florida. She and coauthors Dr. Colin Peeler and undergraduate student Kim Fazzone presented their findings earlier this month at the annual meeting of the the American Psychological Society, in Atlanta.

In their study, the Florida team had 76 women and 50 men averaging 27 years of age rate the attractiveness of women depicted in 6 different photos.

Three of the Photos were actually of the same young Caucasian woman, her hair altered by computer to short medium and long lengths. **“We had a short-hair condition where the hair was above the ears, cropped close to the head.”** Kline explained, **“We (also) had the hair in a medium style..... Just a little bit below the ears, and then we had the long-hair condition where it was atleast 8 inches or more past the shoulders.”**

Otherwise the woman's face and expression were exactly the same in each of the three pictures. According to Kline, both men and women **“overwhelmingly find the long hair length significantly more attractive than the short and the medium hair length.”**

She said the biological imperative to find a healthy, fertile mate may explain the finding, at least in men. One popular psychological theory holds that while women are driven to **find moneyed, resource-rich men, men are primarily looking for reproductive fitness in their mates.** **“Hair is going to be a signal of that, because a younger woman will usually have longer thicker hair,”** Kline explained.

By the Author.....

Long-Lush-Locks.... Attraction

Male-Female Love Attraction

There is good research going around Hair- Science now a days. This articles shows up that hair locks, length. Waves matter a long in the Male-Female attraction science. Basic instinct is to have healthy children. Hair mean surely good health. The experiment proves that men like and are attracted by the long lush, thick hair of Ladies, being surety of good off springs and healthy wife and mother. Good hair also mean good Genes. This also proves that what is explained in this book is very correct. More research is being done and news about HAIR -Science do appear in articles.

VIII

Bad hair Life ? Blame your genes :

Washington : Misbehaving hair may be inherited, according to a study released on Monday. Researcher studying mice determined that the aptly nameed gene **Frizzled 6** controls hair patterns, including whorls of hair on their hind feet, back of the head and chest. Some also had tufts and ridges in the hair on their head.

Humans 'have a gene that's virtually identical, so their's every reason to think it would be similar in effect, thought that is, at this point, unknown,' said researcher Jernmy Nathans of Johns Hopkins School of Medicine.

Not having the gene can't be blamed for a simple bad hair day. Rather, it would result in a permanent differences in the hair, such as a cowlick or an unusual whorl.

There report noted that **Frizzled** genes were first discovered in fruit flies, where they control wing hair and bristly patterns. The gene was named because flies without it look like they're having a bad bristly day, he said.

IX

THE HINDU- 13 March 2008

YOUR HISTORY IS PRINTED IN YOUR HAIR

The tap water that you drink leaves a 'signature' in your hair that can provide a history of where you've lived, according to researchers. Using these imprints to trace people's past movements may eventually become a common tool for anthropologists and law-enforcement officials.

Isotopic signature

Telltale isotope signatures of what we eat and drink are found throughout our bodies in bones, fingernails and hair. Tests of bones in archaeological sites can show whether a person lived and ate locally for years or migrated from elsewhere, and have been used in forensics to help determine where an unknown victim came from.

But hair has been of particular interest because it grows steadily: Depending on its length, a strand can yield several years of chronicled information about a person's whereabouts. "Bone represents a long-term average and it's constantly being remoulded," says study author James Ehleringer, a biologist at the University of Utah in Salt Lake City.

"Hair is produced sequentially and once it's produced it's never modified."

that feature, says Ehleringer, allows researchers to trace a person's geographic history to an extent.

While the technique can not pinpoint specific locations in which a person has lived, it can narrow the possibilities.

Most tap water comes from local precipitation, and the 'isotopic signature' - the ratio of heavy to light elements - of local rainwater is heavily influenced by geography. In general, heavier isotopes like deuterium (hydrogen with one extra neutron) and oxygen-18 (oxygen with two extra neutrons) tend to be 'rained out' of a cloud first, as the heavier isotopes condense more easily.

So, as rain gets carried inland from where it is created over the oceans the heavy isotope ratios, as do colder climates.

Local water is the primary ingredient in much of the liquid we drink, including soft drinks, which tend to be bottled regionally in the U.S.

Of course people also consume a lot of non-local food and drink, but Ehleringer and his colleagues started with the assumption that most people have the same 'global diet,' and looked to see if they could detect the remaining signal from local water in the hair.

They collected hair clippings from 65 barbershops across the United States. They compared the hydrogen and oxygen isotopic ratios in the hair with tap water from each location and found that they matched.

Water samples

The team also collected tap water samples from 431 other locations around the United States to develop a map of deuterium and oxygen-18 levels. Texas and Florida, being warm and close to the coasts, have the highest relative levels of both isotopes. A centimeter length of hair corresponds to roughly a month of growth, the team reports.

They chopped up lengths of a single strand of hair and found isotope ratios and were consistent with a recent move from Beijing, China to Salt Lake City.

For hair to register a new place for three or more months, they say. The technique. "Will never be able to give you a precise location," says Ehleringer, although it can help exclude potential areas of residence,

More work may be needed to weed out complications on the analysis before it becomes an established tool.

RACHEL COURTLANT
Nature News Service

X

MAGH MELA NEWS :

Allahabad: Everyone knows that these are among the holiest events on the Hindy calendar and thousands of rishis and pilgrim flock ot the Magh and Kumbh Melas on the Triveni Sangam of the Ganga, the Yamuna and the mythical Saraswati.

By the Writer :

Sadhus from all over India come here to pray and Show their century old culture of keeping four-five feet Long matted HAIR.

XI

Beckham fears losing his hair and getting a pauch..?
Times of India- 1st Sept. 2008.

Souccer ace David Beckham has recently revealed that he is worried to the point of obsession about going bald and getting a paunch. The 33 years old footballer, who had been givem 'best abs in Hollywood" title has always been in tiptop shape due to soccer, but now he fears that as he gets older and stops his athletic carrier he will lose his looks. "He's constantly telling Vic he fears he's going bald, or if he spots a hint of a paunch on his midsection, he hits the gym for an hour," a website quoted an insider as saying. "David is of vain -he can't stand the thought of growing into a fat, bold old man," said a friend. Posh, highly amused by hubby's angst, loves giving him his needle, "She'll tell him she found some hair in the shower and ask was that his? She loves teasing him about his future as a schlumpy old man because it gives her the upper hand !" the insider added, Beckham has cut his hair very short and even with not much hair he still manages to look dashing.

XII

Never beard a saki

The saki monkeys need to go to the hair-dressers every week. These flat-nosed primates of South American forests have bushy tails, thick fur coats and fancy hair styles. Each time they leap from the tall tree top they have to pause for a moment to run a comb through their ruffled coiffure before taking off for another branch.

The sakis are very active tree dwelling monkeys and spend their day looking for food in the high canopy of the rain forests. Though all sport well cut hair-styles the black saki has the most glamorous head of hair.

The 40 inch long monkey has a thick mane of hair with a neat parting in the middle, and on either side of its head the hair rises in a chic 'Bouffant.' The white-nosed saki on the other hand thinks this kind of hairdo is totally out dated and wears a trendy fringe over its dark forehead.

The sakis feed mainly on wild fruit and if they cannot find enough of it on the tree tops they descend to the bushes at the forest and forage amongst the leaves for something edible.

The sakis have a peculiar way of drinking water. They dip their hands in a river or pond and let the fur on the back of their hands soak up the water like a sponge. Then they slowly lick the damp fur as if they were sipping a very old and expensive wine.

According to an 18th century German naturalist Humboldt, the drinking habit of the saki is derived from an anxiety not to wet its beard. "If any malicious person wishes to see the saki in a most devouring rage, let him wet the animal's beard and he will find that such an act is an unforgivable sin." Humboldt was one of the few naturalists who knew the

ways of the mysterious sakis well. He called them fierce creatures who have a mixture of melancholy and anger in their eyes.

The sake does have a difficult and say life what with having to survive in the lofty heights of the rain forest with its limited supply fo fruits and also having to worry all the time about keeping its beard dry and its hairdo in plave while traveling on the tree tops.

XIII

BEAUTY BLUNDERS

Times of India-17 Feb. 2008

Are you one of the many who have undergone the tragedy of a beauty disaster? Rouge tells you to avoid the common errors.

HOW MANY times have we all gone through the Sheer frustration of a colouring disaster ? Or a bleach that's left you with battle scars and horrendous allergies? Or eyebrows that leave a lot to be desired? Or a haircut that's gone terribly wrong? Most women have at some point gone through this. However fear not, you can avoid most disasters if you're armed with useful information.

HAIR COLOUR: Coloring disasters are quite common. You want a particular colour and you end up with something else altogether. Says hair stylist Nalini Naegamvala, Nalini & Yasmin, "Bad colouring results due to lack of communication between the client and the stylist. Also, the stylist may not be knowledgeable enough. Clients should double check before going in for hair colour. Colour correction can be done to sort out bad colouring jobs. But after that, maintenance and conditioning is very important as the hair is subjected to colouring twice !

FYI: Nailini reiterates, "Clients should be informed before about the final result that they should expect before they start colouring. Conditioning is imperative for colouring hair."

FYI: Caroline points out, "The only option you have is to allow your hair to grow black !"

BLEACH: You wanted to give yourself that glowing, blemish free complexion and indulged in bleach, that promised fairer, smoother skin. What you have is skin that has reacted badly to chemicals in the bleach, and you've broken out with all sorts of rash. Cosmetic Dermatologist, Dr. Apratim Goel, states, "Reactions

could occur if the skin is sensitive or the bleach is faulty. Sometimes, adding more than the necessary amount of bleach can cause a reaction. A patch test should be done before applying it. Women with acne, or some face allergy should be careful. After holidaying, women who have tanned skin due to sun exposure should avoid bleaching immediately."

FYI : "If there's any reaction, immediately apply calamine lotion to soothen the skin. If it persists, visit a dermatologist," suggests Dr. Goel.

By the Author :

It is proved that there is nothing like natural-dark bouncing HAIR please.

XIV

SPECIAL HISTORICALS OF HAIR-HISTORY

I. Guru Gobind Singh won his first battle against 22 kings of hilly areas near Poanta Sahib in Himachal Pradesh of India in 1686 AD. Then he was giving gifts to soldiers, Peer Budha Shah of Sadhaura town had sacrificed his sons in this battle.

“The Gurus praised him respectfully and offered any prize what so ever. But Peer only asked for the Hair in the comb of the Guru. **“Thy hair would be greater than all the worldly wealth for me.”** The Guru embraced him and gave his “wooden comb with hair” to fulfill his spiritual wish.

II. Kazi Noor Muhammad : Ahmed Shah Abdali had attacked Punjab and North India many times from 1755 to 1767 AD. He was troubled by Sikhs with **‘Hair and Turban’**. Abdali used to address them as ‘Dogs’. But Noor Muhammad; his deputy, corrected him by telling that :-

- (i) **Sikhs never steal any thing.**
- (ii) **Sikhs donot attack unarmed soldiers or a running foe from behind on his back.**
- (iii) **They never trouble any woman and respect them in one word ‘oldy’ or ‘Buddee’ in Punjabi.**
- (iv) **They can fire forward and backward from running horses to challenge the attackers and get away safe.**

III. Sikhs obey their employer with 100% dedication. They fought for British in the first and second world war with total honesty and dedication and got praises in British parliament when, **J. H. Garden** had said.

“None have fought more stoutly and stubbornly against us and more gallantly and loyally for us” So, they are best as soldiers.

IV. Churchill and Turban :-

When **Winson Churchill** became Prime Minister of England and won second world war, he supported the sikh cause in Parliament by clarifying that.

“Turban is religious symbol of Sikhs. They should be allowed to- Drive two wheelers with Turban instead of **IRON HELMETS**. We never asked them to wear helmets when they were fighting dedicatedly for British in battles and wars. Why should we now force them to wear helmets instead of ‘**Trubans**’ for driving vehicles.” We should respect their sentiments for wearing turban on their unshown head hair; which is essential as cover for the hair, as well as religious signature.”

We, owe them, a lot for their service to British for long years. Thereafter, Sikhs were absolved from wearing helmets in England for driving.

Research by the author :-

Infact, Guru Gobind Singh had already taken care of the safety of soldiers and sikhs in 1699 AD, when he created **KHALSA** with special identity of unshorn hair with a turban to cover the hair. The hair on the head with turban is infact, much better than hard helmets made 200 years later by the modern world after vehicles came on the roads, Evidently, Guru Gobind Singh had designed a **Turban type Helmet** for the Sikhs and steel helmet was designed 200 years later. Technically, the Helmet was already created by the Guru in the form of Turban, serving the same purpose as the Helmet. So, the author equates the Turban with helmets as far as physical security while driving is concerned.

The Turban of the Sikhs is much better looking, safer and comfortable to wear as comparison to Helmets with handling and carrying problems.

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